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Motivational Interviewing 101

July 8, 2020

Presented by: Dr. Anjali Nandi, PhD, MAC, LAC

Facilitated by: Greg Brown



Webinar Information

This project was supported by Grant No. 2018-S4-BX-K002 awarded by the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice.

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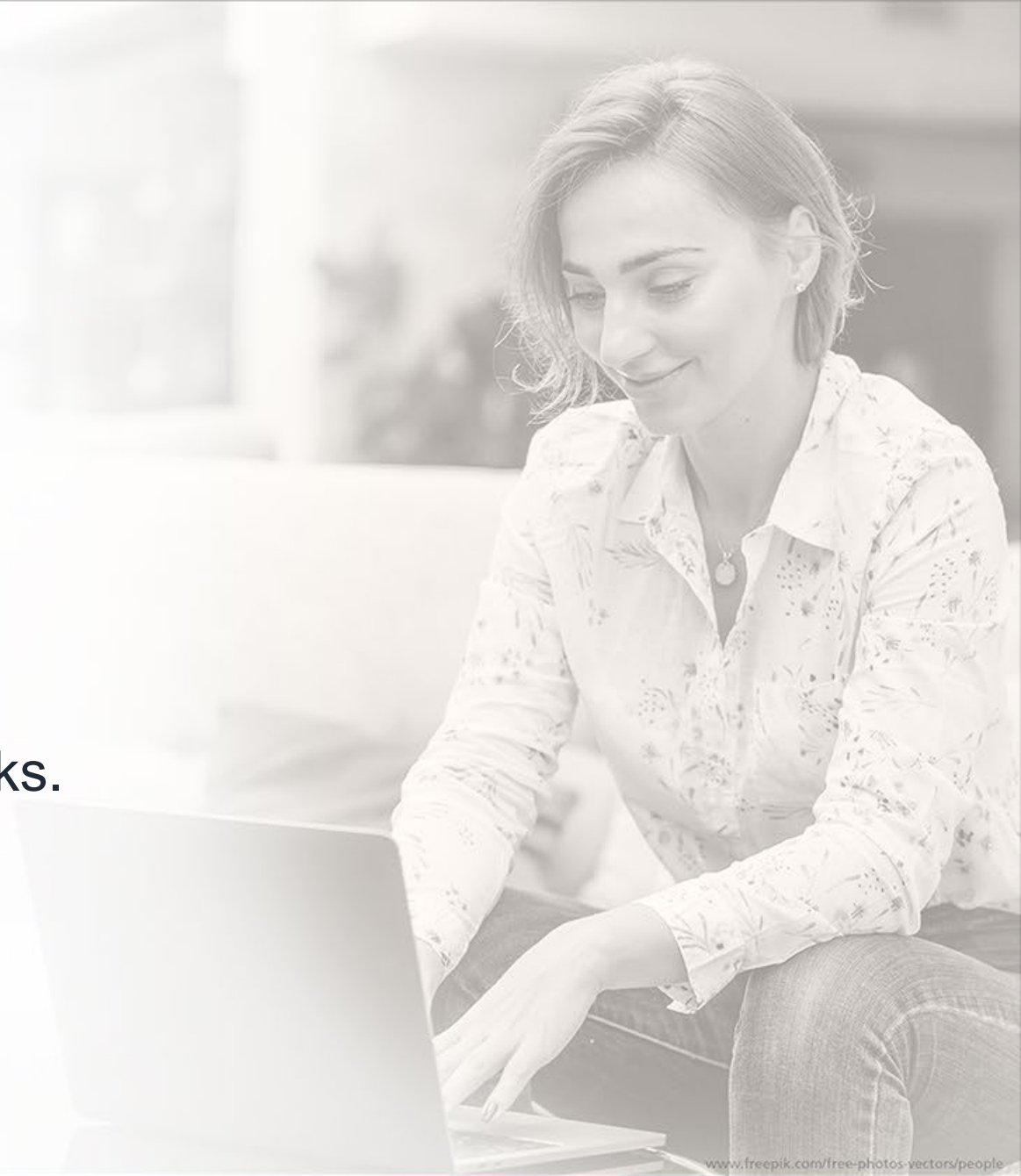


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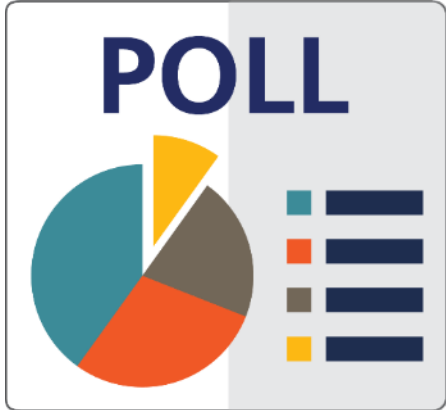
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Poll Questions

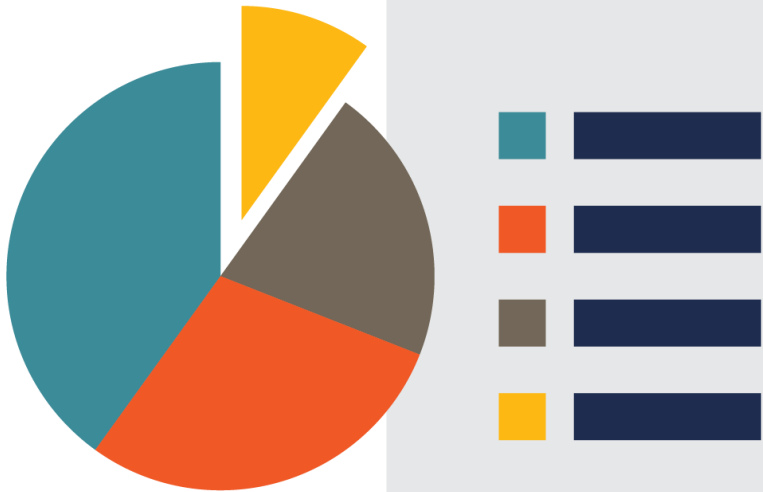
Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly; polls are open for a short period of time.

POLL



Which of the following best describes your role?

- Victim Services / Victim Advocate
- Probation / Community Corrections
- Law Enforcement
- CAC Worker, Social Worker, Mental Health Worker
- Other

Learning Objectives

- ① Apply at least three skills to engage someone in a conversation about behavior change and effectively support victims.
- ② Explain some barriers inadvertently created in conversations with both offenders and victims/survivors about healing, change and strategies to overcome those barriers.
- ③ Implement strategies to effectively enhance interactions with victims/survivors and offenders.



Today's Presenter

Anjali Nandi, PhD, MAC, LAC
Associate,
National Criminal Justice Training Center



Motivational Interviewing for Tribal Populations

Meaningful conversations to facilitate change

Why Motivational Interviewing for Tribal Populations

Alignment of values

Overlap in way-of-being

Deep respect for the wisdom of the other

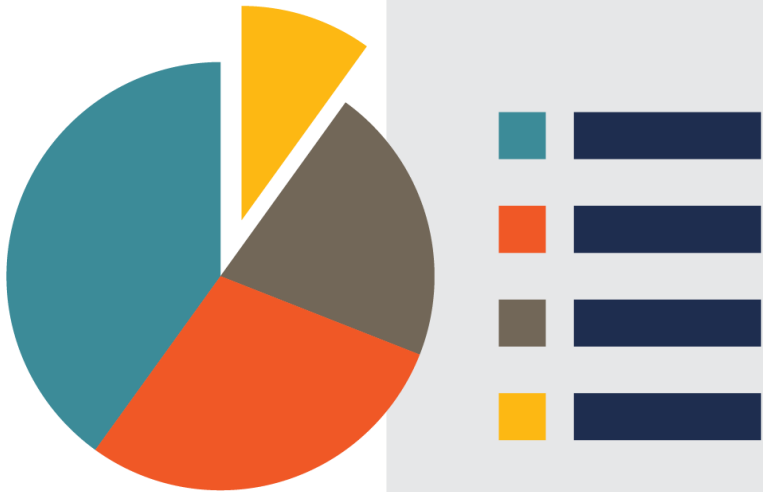
Culturally attuned

Research-supported

Ambivalence and Righting Reflex

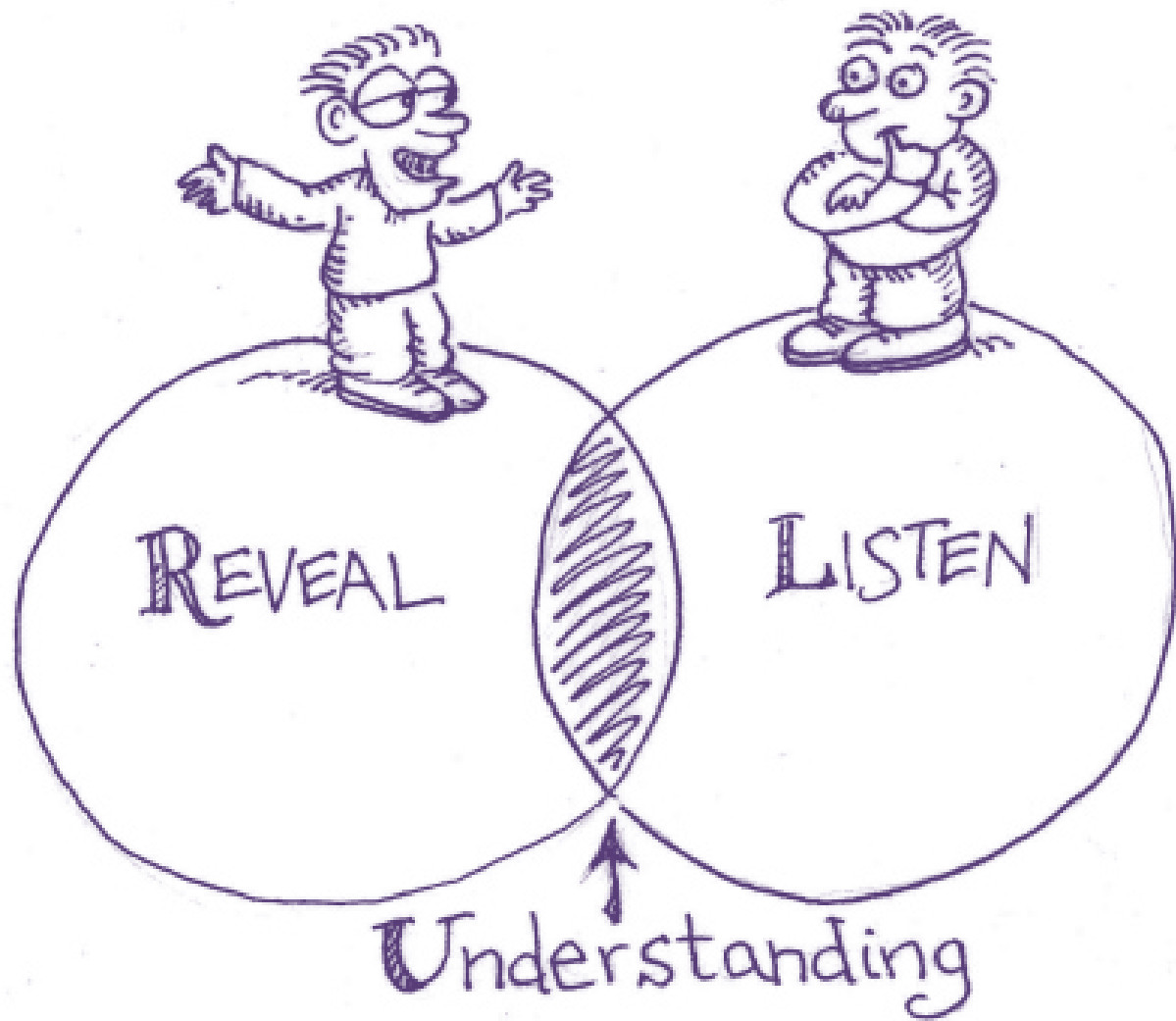


POLL



**When struggling with the
righting reflex, what do you
tend to do?**

- Give advice
- Provide solutions
- Provide a next step



**Empathy
Matters**

Fundamental Motivational Interviewing Skills

Open Ended Questions

Affirmations

Reflections

Summarizations





Affirmations

Affirm effort or achievement

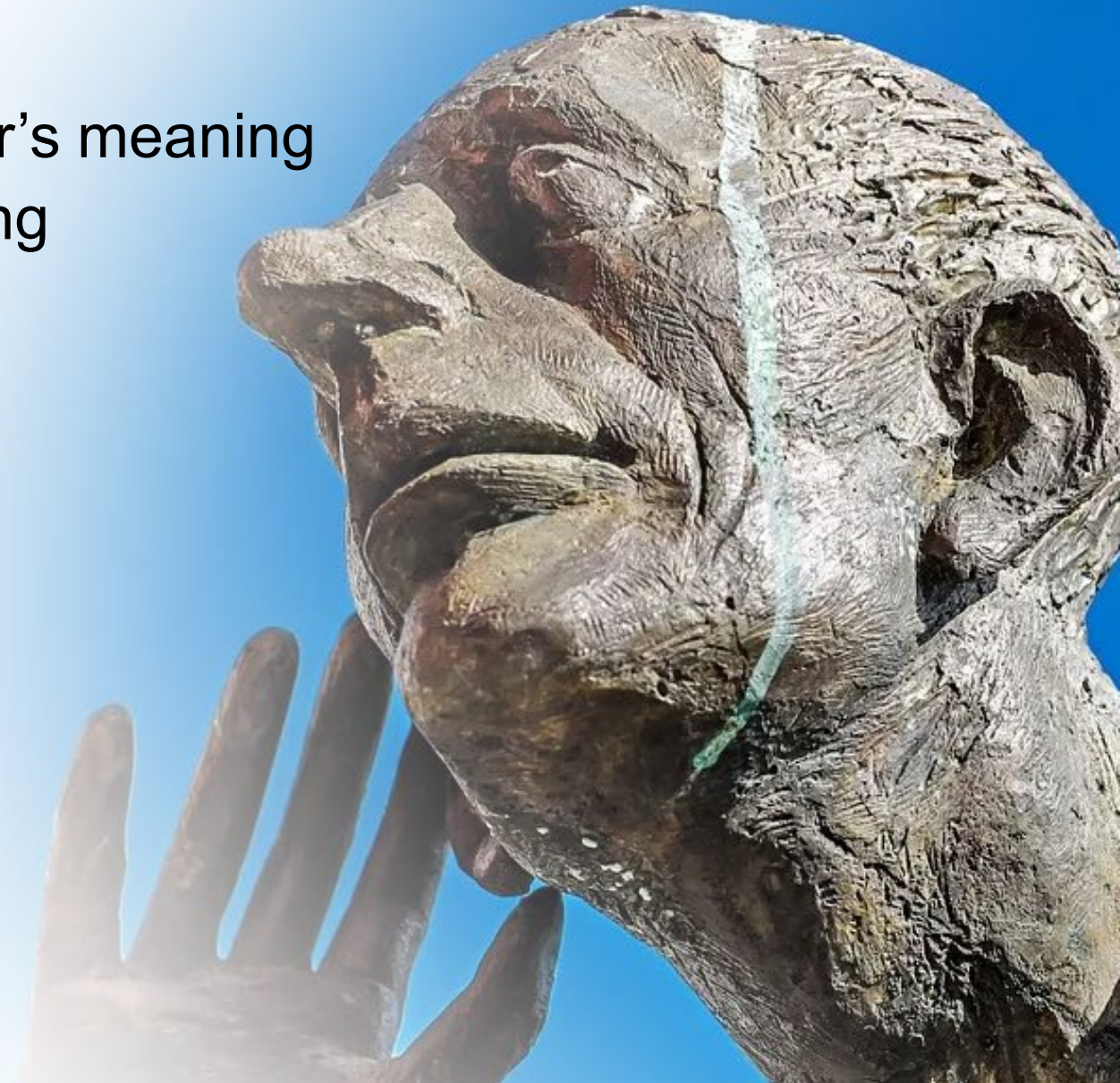
Catch them doing something right

Can recognize a struggle

Emphasizes a strength

Reflective Listening

- A hypothesis (guess) about speaker's meaning
- A statement to convey understanding
- Intonation down
- Short stems
 - » “So...”
 - » “Sounds like...”
 - » “So you...”
 - » “Seems like ...”
 - » “Its like...”
 - » “You feel...”



Levels of Reflection

Simple Reflections:

- Reflects content
- May paraphrase or re-state

Complex Reflections:

- Reflects at a deeper level
- Can reflect what has not been said
- Feeling/Meaning/Metaphor
- Helps client/offender better understand what they have said
- Can help guide the conversation



Summary

Set up Bookend:

- “Let me see if I have this right...”
- “Let me summarize what you’ve said...”

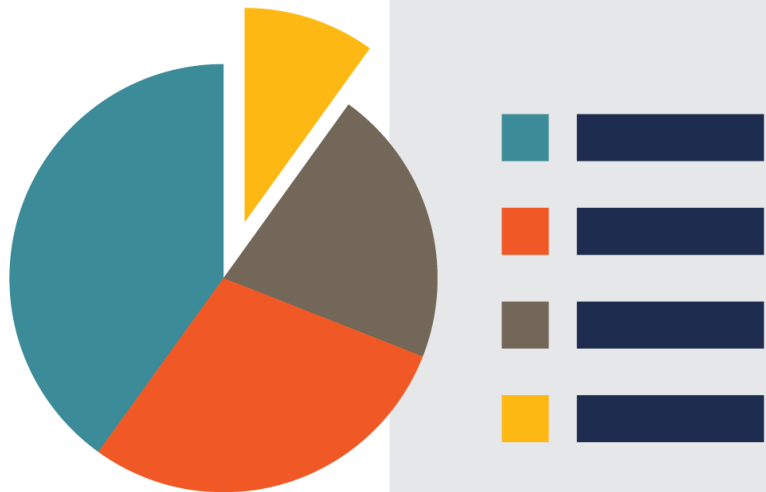
Reflection, Reflection, Reflection

Follow up Bookend:

- “So where does that leave you?”
- “What else would you like to add?”
- “Now, tell me about”
- “Tell me more about...”



POLL



Which skill comes the easiest to you?

- Open questions
- Affirmations
- Reflections
- Summaries

Things to be Curious About

Concerns

Abilities

How things would be
better/worse



Processes in Motivational Interviewing



Engaging



Focusing



Evoking



Planning

Change Talk Types

Desire to change

Ability to change

Reasons to change

Need to change

Commitment to change

Taking steps toward change

CHANGE

Sustain Talk versus Discord







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Upcoming Webinars

- **August 19, 2020 | 1:00 PM CT**
 - ✓ *Introduction to Cognitive Behavioral Therapy/Skill Development*
- **September 9, 2020 | 1:00 PM CT**
 - ✓ *Introduction to the Neurobiology of Trauma*

Registration emails coming soon...

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