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Addressing Violence Against Women Through Motivational Interviewing

February 23, 2021

Presented by: Dr. Anjali Nandi

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Pre-Webinar Information



Participants will be muted for the duration of the webinar.

Questions and comments can be asked using the question box in the control panel.



Presentation slides, instructor bios, and corresponding resources can be found in the Handouts section of the control panel.

Live transcript/captions available at <https://www.streamtext.net/player?event=OVW>



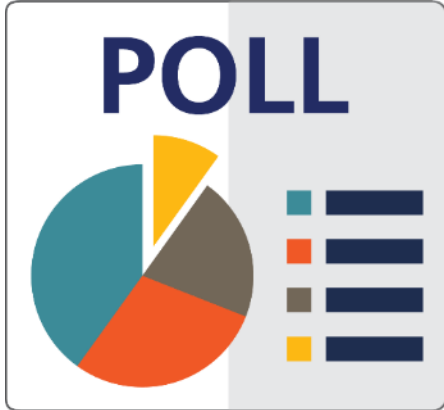
Post-Webinar Information

- A recording of this webinar will be available in the coming weeks at ncjtc.org/OVWrecorded.
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Poll Questions

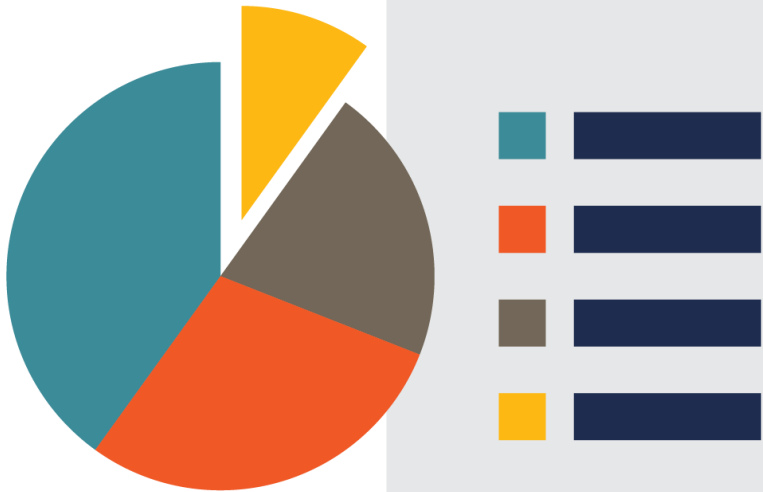
Poll questions may be asked during the webinar.

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, Social Worker, Mental Health
- Other



Dr. Anjali Nandi, PhD, MAC, LAC
Associate, NCJTC
Presenter

Learning Objectives

- ✓ To learn at least three skills you can use immediately to engage someone in a conversation about behavior change.
- ✓ To develop enhanced efficacy with developing versus prescribing ambivalence and discrepancy as motivators of change.
- ✓ To increase comfort with using MI skills to discuss harm and responsibility.
- ✓ To adapt MI for conversations with victims/survivors.

You Know You Need Your Skills When:

- Emotions are up
- Stakes are high
- Opinions differ

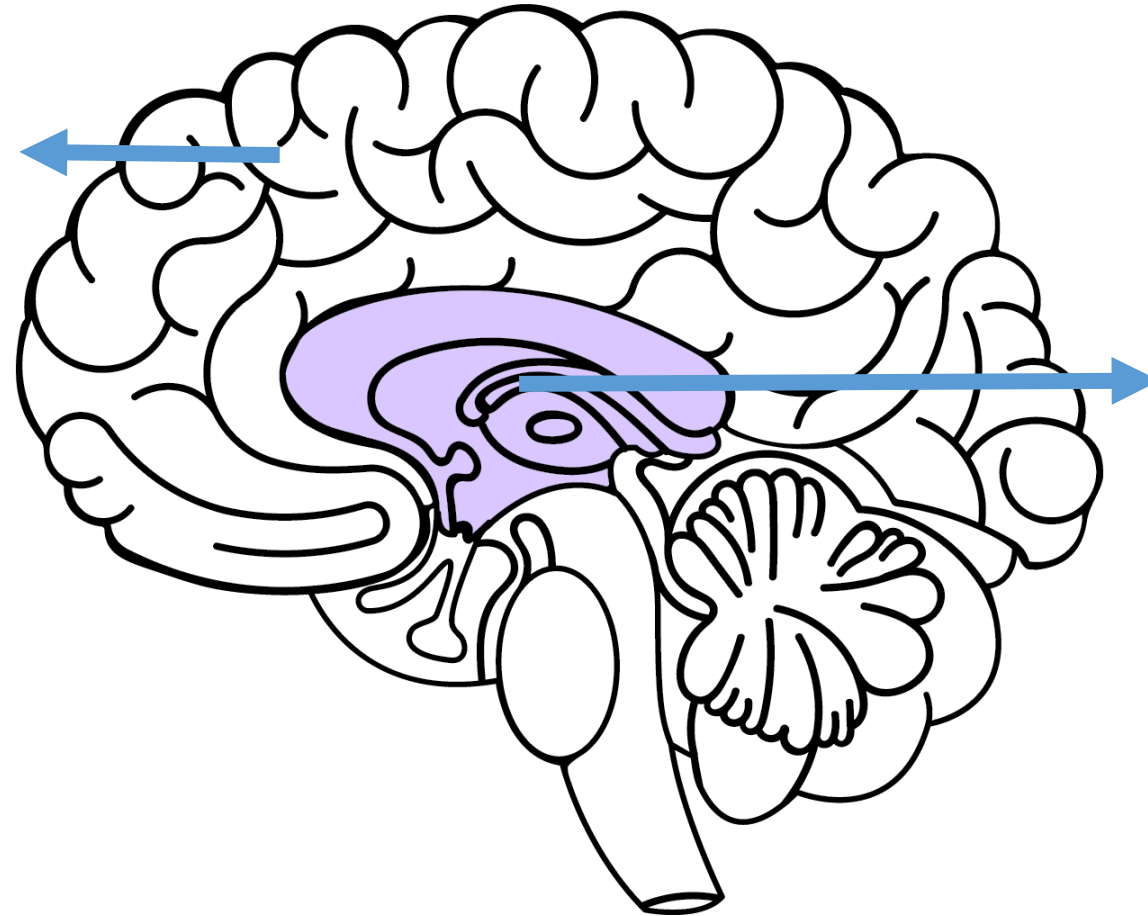


Accountability vs. Blame



Intellectual (Logical) Brain

Forward looking – future & solution focused



Emotional Brain

Non-intellectual/non-logical
– past focused

<https://youuniquefoundation.org/an-interactive-infographic/trauma-brain-limbic-system/>



Brain in Conflict

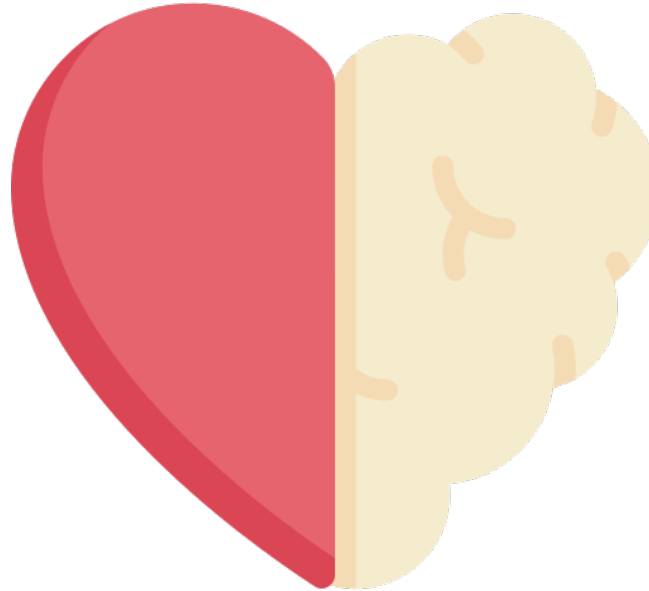
- Safety first
- Diminished hearing
- Lowered creativity
- Inability to problem-solve
- Lowered sense of humor
- Lowered ability to see complexity
- Positive memory is compromised

Safety

- Safety questions – to enter and to stay
 - To enter is about shared purpose
 - To stay is about respect
- Get out of content and into safety when needed
- Work to have the conversation at the right level
- Re-establishing safety
 - Apologize
 - Contrast
 - Establish mutual purpose



Relationships



Boundaried Empathy

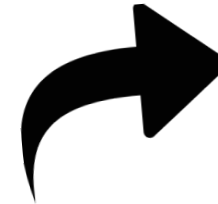
Tips to Re-establish Safety



Notice a flipped Lid

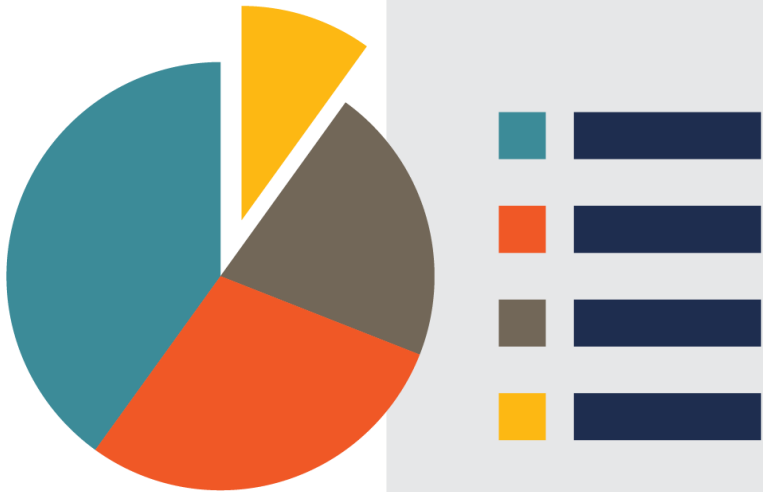


Respect and Empathy



Grounding Techniques

POLL



What are things we can do to make someone defensive and NOT take responsibility? (Check all that apply.)

- Shame them
- Blame them
- Convince them
- Argue with them

Brief Conversations

What Does Not Work

- ✓ Advice giving
- ✓ Shaming
- ✓ Providing discrepancy
- ✓ Indifference
- ✓ Extreme consequences

What Does Work

- ✓ Developing discrepancy
- ✓ Heightening awareness
- ✓ Providing information
- ✓ Curiosity
- ✓ Options and natural consequences



Ambivalence and Righting Reflex



Fundamental Motivational Interviewing Skills

- ✓ Open Ended Questions
- ✓ Affirmations
- ✓ Reflections
- ✓ Summarizations



Affirmations

- ✓ Affirm effort or achievement
- ✓ Catch them doing something
- ✓ Can recognize a struggle
- ✓ Emphasizes a strength





Reflective Listening

- A hypothesis 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 understand what they have said
- Can help guide the conversation

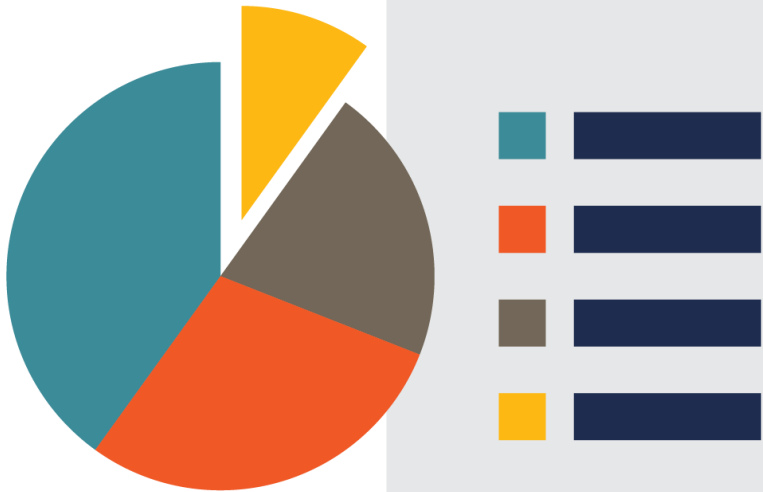


Summary

- 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

Change Talk Types

Desire to change

Ability to change

Reasons to change

Need to change

Commitment to change

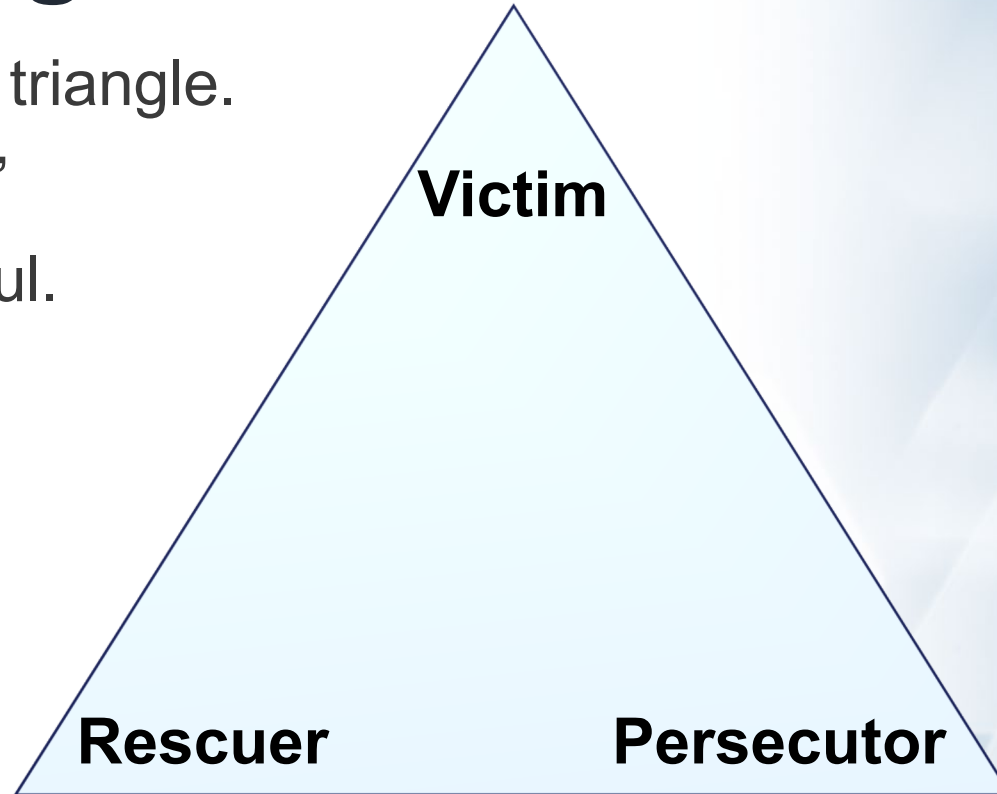
Taking steps toward change



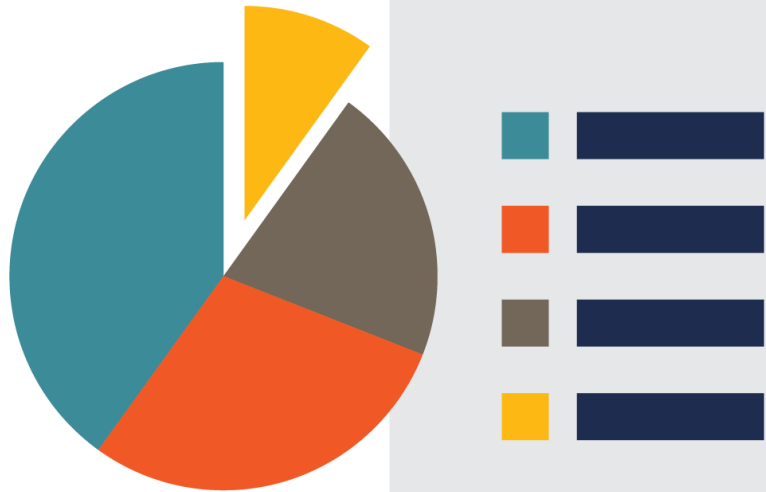
CHANGE

Drama Triangle

1. Recognize the drama triangle.
2. Ask “How can I help?”
3. Be blunt, but be careful.
4. Ask “And what else?”
5. Listen.



POLL



What areas do you feel you could use more training in?

- Helping people with grounding
- Engaging in difficult conversations
- Balancing empathy with boundaries
- Giving feedback
- All of it!



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Upcoming Webinar Topics

- ✓ *Ask the Expert Session 2: What do Victim/Survivor Service Professionals Need to Know about Corrections*
- ✓ *Ask the Expert Session 3: Attending Risk and Needs in Treatment*
- ✓ *Neurobiology Applications for Community Supervision Professionals in Interpersonal Violence*
- ✓ *Ask the Expert Session 4: Trauma-Informed Care*
- ✓ *Managing Sex Offender Caseloads: A Victim-Centered Approach*
- ✓ *Being Victim/Survivor-Centered: Working with Sexual Abusers*
- ✓ *Ask the Expert Session 5: Preventing Vicarious Trauma*

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