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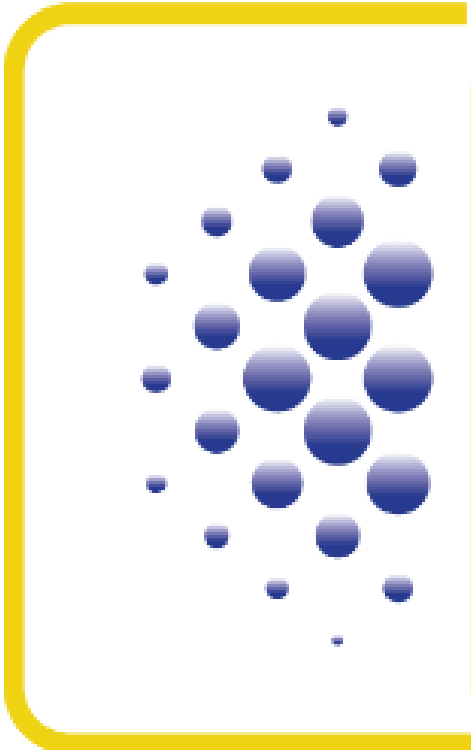
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Ask the Expert: Addiction and Working with Clients: Enhancing Motivation When None Exists

May 11, 2022 | Presented by:

Dr. Anjali Nandi, PhD, MAC, LAC



BJA's

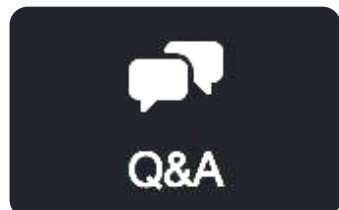
Comprehensive Opioid, Stimulant, and Substance Abuse

Program

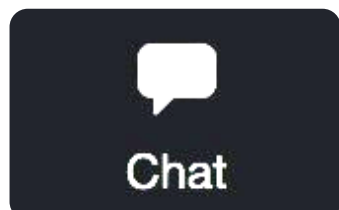
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Zoom Webinar Technical Overview



Enter your questions into the Q&A box.



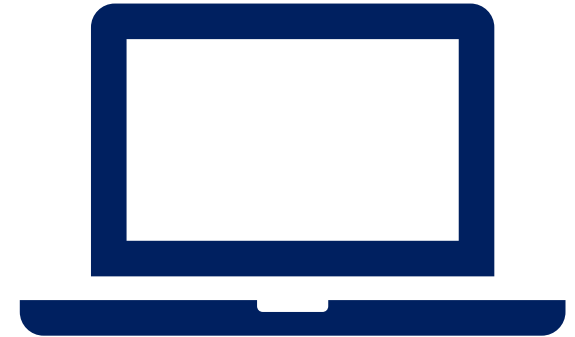
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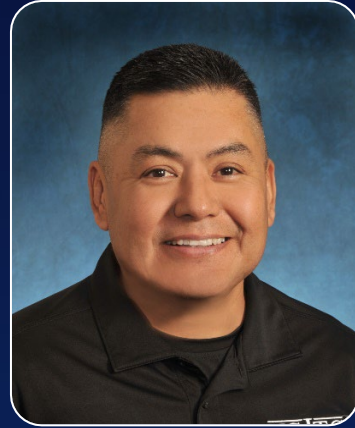
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- ✓ Please complete the brief evaluation at the conclusion of this webinar.
- ✓ A certificate of attendance will be sent to attendees within 2 weeks.



Today's Presenter & Panel



Dr. Anjali Nandi,
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Associate, NCJTC



Kevin Mariano
Program Coordinator,
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Justine Souto
Program Manager,
NCJTC




Greg Brown
Program Manager,
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Learning Objectives

- ✓ Understand the impact of addiction on motivation.
- ✓ Become familiar with the levers of motivation.
- ✓ Develop agency with enhancing motivation.





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

What is Motivation? Where does it come from?

- Internal / External
- Desire/Discrepancy/Dissonance
- Emotion
- Agency/Ability
- Reward

Why is Motivation an Issue?

- Addiction
- Dopamine
- Choice
- Gratification



Motivation Levers

- Empathy
- Curiosity
- Values
- Incremental change
- Friction
- Reward

Stages of Change

Goal, Strategy, Indicators



- Pre-Contemplation: *no intention on changing behavior*
- Contemplation: *aware a problem exists but with no commitment to action*
- Preparation: *intent on taking action to address the problem*
- Action: *active modification of behavior*
- Maintenance: *sustained change; new behavior replaces old*
- Relapse: *fall back into old patterns of behavior*

Upward Spiral: *learn from each relapse*



Working with Ambivalence

- Righting reflex
- Chunking
- Decisional balance
- First step

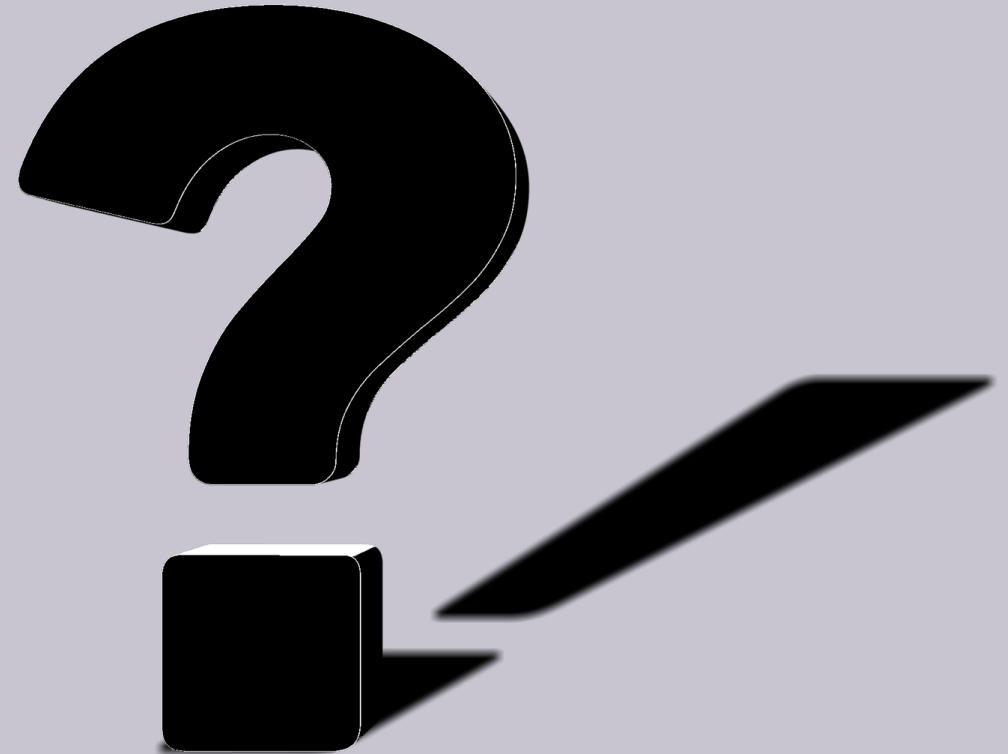


Managing Expectations

- Proximal and distal goals
- Mutual agenda setting
- Barriers and supports
- Accountability

Basic Skills

- Open questions
- Affirmations
- Reflections



Listening for Change

- Change talk
- Sustain talk
- Resistance

Listen

Contact Information

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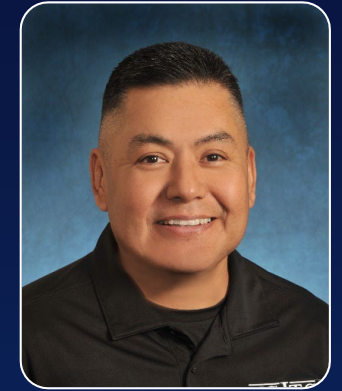
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Upcoming TTA Opportunities

June 15, 2022 | 12:00 – 1:30 PM CT

✓ *Developing Cognitive, Social and Emotional Skills:
Practical Ways to Use Cognitive Behavioral Therapy*

Visit www.ncjtc.org/iasap for additional Tribal Responses to Alcohol and Substance Abuse TTA services, offerings and opportunities.

Watch your inbox for upcoming webinars and scheduled trainings!

Bureau of Justice Assistance's
**FY2022 Comprehensive Opioid, Stimulant and
Substance Abuse Program Solicitation is Now Open!**

Category 1c is designated for tribal, rural and local agencies

Award amount: up to \$1,000,000

Deadline: June 17, 2022

Solicitation information: bja.ojp.gov/funding/opportunities/o-bja-2022-171280

Bureau of Justice Assistance's
**Comprehensive Opioid, Stimulant, and
Substance Abuse Program (COSSAP) Resource Center**

Website

www.cossapresources.org

Tailored Assistance

www.cossapresources.org/Program/TTA/Request

Funding Opportunities

www.cossapresources.org/Program/Applying

COSSAP Webinars

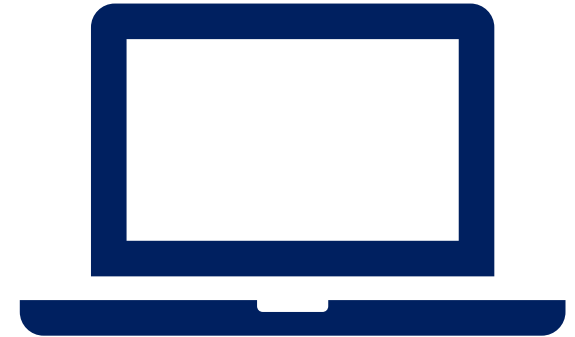
www.cossapresources.org/Media

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Send a note to COSSAP@iir.com with the subject line “Add Me” and include your contact information. We’ll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.

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