

SWRK 790 Motivational Interviewing for Social Workers Steve Wiland, LMSW, ICADC
Fall / 2015, Saturdays, 2-5 pm; Sec 005 3816 SSWB, 1080 S. University
10/24, 10/31, 11/7, 11/14, 11/21 Ann Arbor, MI 48109-1106
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Mini-Course Description and Design: Utilizing numerous materials including video examples from the Professional Training Series developed by William R. Miller and Stephen Rollnick, this five-week series of 3-hour instruction and skill-building sessions will provide a basic introduction to Motivational Interviewing. Using the video material and supplemental handouts, along with lecture, role-playing and group discussion, this course will lay a foundation for participants to begin to develop their clinical skills in helping people accomplish change in areas of difficult behavior.

Course Content:

Motivational Interviewing (MI) is a goal-directed, client-centered counseling style for eliciting behavioral change by helping clients to explore and resolve ambivalence. The operational assumption in MI is that ambivalent attitudes or lack of resolve is the primary obstacle to behavioral change, so that the examination and resolution of ambivalence becomes its key goal. MI has been applied to a wide range of problem behaviors related to alcohol and substance abuse as well as health promotion, medical treatment adherence, and mental health issues. Although many variations in technique exist, the MI counseling style generally includes the following elements:

- Establishing rapport with the client and listening reflectively.
- Asking open-ended questions to explore the client's own motivations for change.
- Affirming the client's change-related statements and efforts.
- Eliciting recognition of the gap between current behavior and desired life goals.
- Asking permission before providing information or advice.
- Responding to “resistance” without direct confrontation, using it as a feedback signal to the therapist to adjust the approach.
- Encouraging the client's self-efficacy for change.
- Developing an action plan to which the client is willing to commit.

The focus of this course will be to equip participants with practice knowledge and beginning skill mastery to be able to more effectively engage and work with clients facing areas of difficult behavior change about which they are likely to be ambivalent. Consideration will be given to how the motivational interviewing approach can be applied to various problem areas and people groups.

Course Learning Objectives:

- I. To develop a basic working knowledge of motivational interviewing / motivational enhancement
- II. To become familiar with the basic tools/skills of motivational interviewing
- III. To develop a basic understanding of application of these skills in early engagement, information exchange, and initiation of a plan of action with a client
- IV. To become familiar with additional information and resources regarding developing MI/ME skills.

Instructional Methodology:

Lecture, Handouts, Videos, Role plays, Case scenario presentations, Class discussion, Readings

Theme Relation to Multiculturalism & Diversity, Social Justice, Health Promotion, Prevention, Treatment & Rehabilitation, and Social Work Ethics & Values: Difficult behavior change is a challenge faced by individuals of every ethnicity and socioeconomic status. Becoming equipped with effective methods and skills for assisting individuals in improving their health and well-being is consistent with many of the values of the Social Work profession, especially as services are provided with cultural humility and respect. The approach of Motivational Interviewing is rooted in respect and empowerment, seeking as it does to partner with clients, regarding them as the expert on their own lives, and endeavoring to bolster the strengths and personally meaningful intrinsic motivation already resident within them. Today's increasingly complex and integrated world of behavioral and primary healthcare provides many opportunities to utilize Motivational Interviewing competencies to assist individuals in promoting better health behavior outcomes, and to support individuals in preventing what otherwise would be the worsening of mental/emotional, addictive and/or physical health disorders.

Accommodation: If you have a disability of any sort and desire accommodation, please touch base with me on or before the first class session date.

Class Attendance and Participation

Participants are asked to commit to all of the 5 weekly, 3-hour sessions in order to optimally benefit from the skill-building focus of the course, as well as to earn Social Work CEUs (for those so doing). Advance notification is required if unable to attend any of the sessions so that content information can be made up. Thoughtful and insightful participation is preferable to frequent contributions that merely restate presented facts, are not on topic, or make unsubstantiated claims. The best contributions are those that are relevant to the question at hand. They often build on or respond to the observations of others, make links to prior classes, or draw on materials and lessons from other courses. Debates and disagreements can be powerful opportunities for learning, and are welcome.

Laptops

If your laptop helps you with this course by all means use it. Please appreciate that if you're using it for purposes other than this course, you are distracting those around you. When talking with your group close your laptop so that it won't be a barrier to discussion.

Resources/Material utilized in class sessions (required reading italicized):

- *Motivational Interviewing: Helping People Change. Third Edition. William R. Miller & Stephen Rollnick, New York: The Guilford Press, 2013.*
- Building Motivational Interviewing Skills: A Practitioner Workbook. David B. Rosengren, New York: Guilford Press, 2009.
- Enhancing Motivation For Change in Substance Abuse Treatment: TIP 35. William R. Miller, (Consensus Panel Chair), DHHS Publication No. 04-3922, 2004.
http://integratedrecovery.org/wp-content/uploads/2010/08/TIP35-Enhancing.Motivation.in_.SAT_.pdf
- Motivational Interviewing: Professional Training Videotape Series. William R. Miller, Stephen Rollnick, Theresa B. Moyers, University of New Mexico, 1998.

Optional reading and additional references (majority posted in CTools Resources):

- Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward. James O. Prochaska, John C. Norcross, Carlo C. DiClemente, Avon Books, 1995.
- “A Randomized Trial of Methods to Help Clinicians Learn Motivational Interviewing,” William R. Miller, Carolina E. Yahne, Theresa B. Moyers, James Martinez, and Matthew Pirritano (2004). *Journal of Consulting and Clinical Psychology*, Vol. 72, No. 6, 1050–1062.
- Motivational Enhancement for Dually Diagnosed Consumers. Daniel D. Squires and Theresa B. Moyers, University of New Mexico Center on Alcoholism, Substance Abuse and Addictions, Albuquerque, New Mexico, 2002.
- “Enhancing Readiness-to-Change Substance Abuse in Persons with Schizophrenia: A Four-Session Motivation-Based Intervention,” Kate B. Carey, Daniel M. Purnine, Stephen Maisto, Michael P. Carey (2001). *Behavior Modification*; Vol. 25 No. 3, July 2001, 331-384.
- “Decisional Balance Regarding Substance Use Among Persons With Schizophrenia,” Kate B Carey, Daniel M Purnine, Stephen A Maisto, Michael P Carey, and Kristin L. Barnes (1999). *Community Mental Health Journal*; Aug 1999; 35, 4; ABI/INFORM Global, pg. 289.
- “How to Interview for Client Strengths,” Peter De Jong, and Scott D. Miller (1995). *Social Work*; Nov -95; 40, 6; *Pro Quest Nursing Journals*, pg. 729.
- Native American Motivational Interviewing: Weaving Native American and Western Practices – A Manual for Counselors in Native American Communities. Kamilla L. Venner, Sarah W. Feldstein, & Nadine Tafoya (2006). Venner, Feldstein & Tafoya.
- “Motivational Interviewing for Probation Officers: Tipping the Balance Toward Change,” Michael D. Clark, Scott Walters, Ray Gingerich, & Melissa Meltzer (2006). *Federal Probation*; June 2006; 70 (1), pp. 38-44.
- “Motivational Interviewing for Probation Staff: Increasing the Readiness to Change,” Michael D. Clark (2005). *Federal Probation*; December 2005; 69 (2), pp. 22-28.
- “Motivational Interviewing in Health Care Settings: Opportunities and Limitations,” Karen M. Emmons, & Stephen Rollnick (2001). *American Journal of Preventive Medicine*; 20 (1), pp. 68-74.
- Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals with Alcohol Abuse and Dependence. William R. Miller, Allen Zweben, Carlo C. DiClemente, & Roberto G. Rychtarik (1995). Project MATCH Monograph Series, Volume 2. NIH Pub. No. 94-3723. Rockville, MD: National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health.
- See also <http://www.motivationalinterview.org/>, the official website for the Motivational Interviewing approach promulgated by William Miller and Stephen Rollnick.

CLASS SCHEDULE / OVERVIEW

October 24 – Session 1: Introduction to Motivational Interviewing and Traps to Avoid

- Internal and External Motivation
- How do people change? What the research shows
- Transtheoretical Model of Change / “Stages of Change” and intervention targets (Prochaska, Norcross & DiClemente)
- Assumptions, Spirit, Basic Principles, and Ethics of Motivational Interviewing
- Traps to Avoid

October 31 – Session 2: Motivational Interviewing Target Hierarchy I & II

- Engagement and Focusing with Motivational Interviewing
 - Open-ended questions
 - Affirmation
 - Reflective Listening – method, video scenarios, and role-play practice
 - Summarizing
- Motivational Strategies for different Stages of Change

November 7 – Session 3: Motivational Interviewing Target Hierarchy III

- Evoking with Motivational Interviewing
 - Preparatory Change Talk
 - Mobilizing Change Talk
 - Eliciting Change Talk – methods, video scenarios, and role-play practice
- Evaluating effective use of Motivational Interviewing

November 14 – Session 4: Responding to “Sustain” without creating Discord

- Understanding and Dealing with “Resistance”
 - Reflective Responses
 - Strategic Responses
 - The case of the “involuntary” client
- Video vignettes
- Tracking use of Motivational Interviewing Skills
- Role-play practice

November 21 – Session 5: Motivational Interviewing Target Hierarchy IV

- Change Planning with Motivational Interviewing
 - Giving Feedback and Exchanging Information
 - FRAMES and other models
 - Negotiating a Plan, and Consolidating Commitment
 - Traps to (continue to) avoid
 - Transitioning into Action
 - Essential Aspects of Motivational Interviewing for Negotiating Change Plans