

Partnering for Change

7 October 2014

Atlanta, Georgia

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Motivational Interviewing: The Big Picture

William R. Miller, Ph.D.

University of New Mexico, USA

Dr. William R. Miller, who introduced the concept of motivational interviewing (MI) in 1983, will offer a panorama of its foundations and evolution across four decades. Beginning with the legacy of Carl Rogers he will explore the dynamics of ambivalence, the righting reflex, therapeutic relationship, and the language of change. His presentation will overview developments in the outcomes, processes, training, and dissemination of MI.

What makes MI work the way it does?

Theresa Moyers, Ph.D.

University of New Mexico, USA

Research to find the active ingredients in motivational interviewing has focused on client language as well as the interpersonal skills of the counselor. This presentation will provide a brief overview of the scientific support for each of these elements as well as the surprising questions emerging from the findings and their implications for clinical practice.

Expanding the Frontiers of Motivational Interviewing

Hal Arkowitz, Ph.D.

University of Arizona, USA

Motivational Interviewing has made its mark in the fields of problem drinking, substance abuse and health-related concerns. However, research and practice in the use of MI for other mental health problems has been a relatively recent development. In this talk, I will present an overview of work employing MI for various mental health problems such as anxiety and mood disorders. I will discuss the promises and problems of extending MI in this way.

Motivational Interviewing Across Cultures

Anya Sheftel, Ph.D.

Tipene Pickett

Washington State University, USA

Kotuku Training Limited, New Zealand

MI is a useful approach to behavior change and at the same time it is important to ensure that MI is culturally congruent with the community in which it is implemented. This presentation will discuss the use of MI within different cultures -- international, professional, regional, and other types of cultures. It will identify how the use of MI is the same and how it is different across cultural contexts. Finally, it will engage the audience in a conversation about future directions of culturally competent implementation of MI.

What does it take to learn to do MI well?

Denise Ernst, Ph.D.

Denise Ernst Training and Consultation, Oregon, USA

The research on MI training has focused on activities that enhance skill development and maintenance over time. This presentation will provide a brief overview of that research as well as provide examples of programs that have developed training programs based on the research.

Afternoon Workshops

Introduction to MI in Health Care Settings

William R. Miller, Ph.D.
University of New Mexico, USA

Mikyta D. Daugherty, Ph.D.
Georgia State University, USA

Patient behavior and lifestyle choices strongly determine the onset, severity, course, treatment, and quality of life outcomes of many health conditions. Yet many professionals receive relatively little preparation for helping and motivating patients to implement health behavior changes. Beginning with the mindset and “heartset” of motivational interviewing (MI), this brief workshop will provide some “high yield notes” on the practice of MI within brief health care consultations. We will use the widely-implemented SBIRT program (Screening, Brief Intervention, and Referral to Treatment) as an example of sustainable practice. We will also consider practical changes in clinical systems that are MI-consistent and can help to promote patients’ engagement and activation in their own health care.

Advanced MI: Eliciting and Responding to Change Talk

Annie Fahy, RN LCSW

Alan Lyme, LISW

Annie Fahy Consulting, North Carolina, USA *Vortex Counseling and Training, Georgia, USA*

Wait no longer! Eliciting, exploring and mobilizing change talk is at the core of Evocation. It utilizes many of the moving parts in an MI conversation: client centered reflection and OARS as well as strategic and directional skills.

Learning to listen and respond to the music contained in the evoking conversation is at the heart of this dynamic interactive workshop. Participants will have a taste of directional strategizing and get a sense of what the buzz is all about.

Motivational Interviewing in Groups

Chris Wagner, Ph.D.

Joel Porter, Psy.D

Virginia Commonwealth University, USA

Goldbridge Rehabilitation Services, Australia

This workshop reviews the essential elements of MI, provides detailed information on the process of adapting MI to groups across a variety of formats, including group set up and use of skills to shape group conversation. The workshop is experiential, leading participants through group practice exercises across the four phases of MI groups.

Putting MI to Work: Integrating MI into an Organization

Ariel Singer, MPH

Angela Bethea, Ph.D.

Northwest Addiction Technology Transfer Center Network

Betha Consulting and Psychological Services, USA

Session Description: Putting MI to Work

Developing clinical competency is just one dimension of an organizational effort to adopt motivational interviewing as a therapeutic style and behavioral intervention. Undertaking a strategic approach to the integration of MI into your agency requires systems-thinking about organizational alignment, leadership engagement and change management, workforce training, clinical supervision, and ongoing quality improvement. Join *Putting MI to Work: Integration MI into an Organization* for an interactive discussion about best practices to consider and pitfalls to avoid in implementation of MI. Take advantage of time in-session for work planning and consultation with seasoned MINT members.