



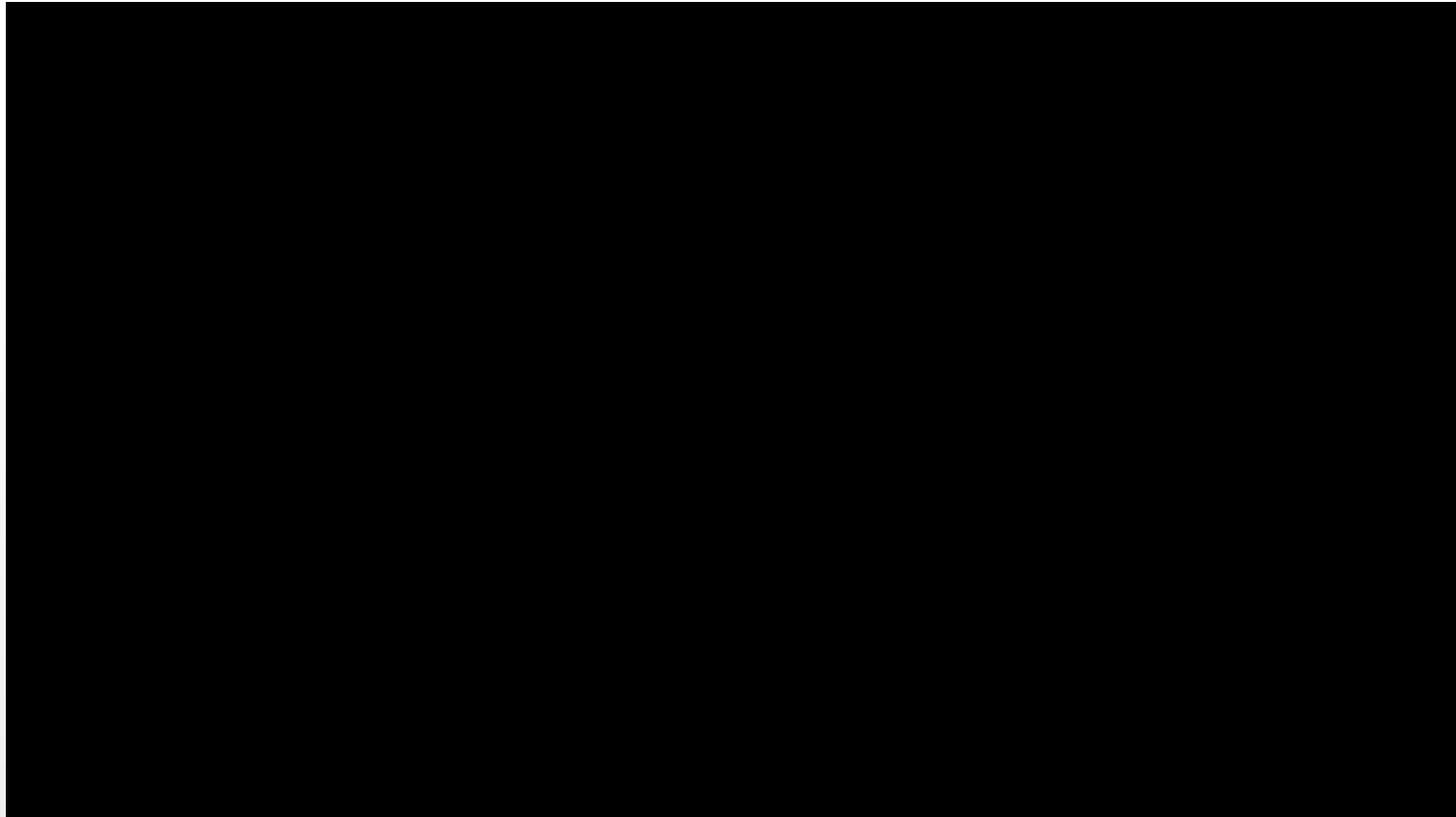
Motivational Interviewing

Engaging People for Change

December 8, 2015

Introductions

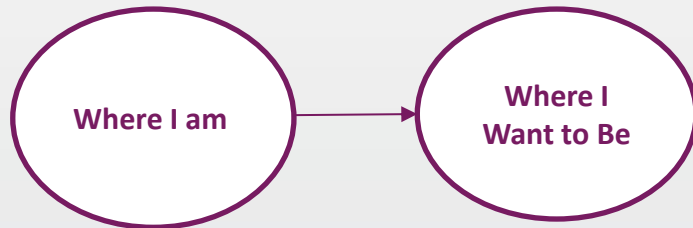
- Name?
- What you do?
- Experience with MI?



Introduction to MI

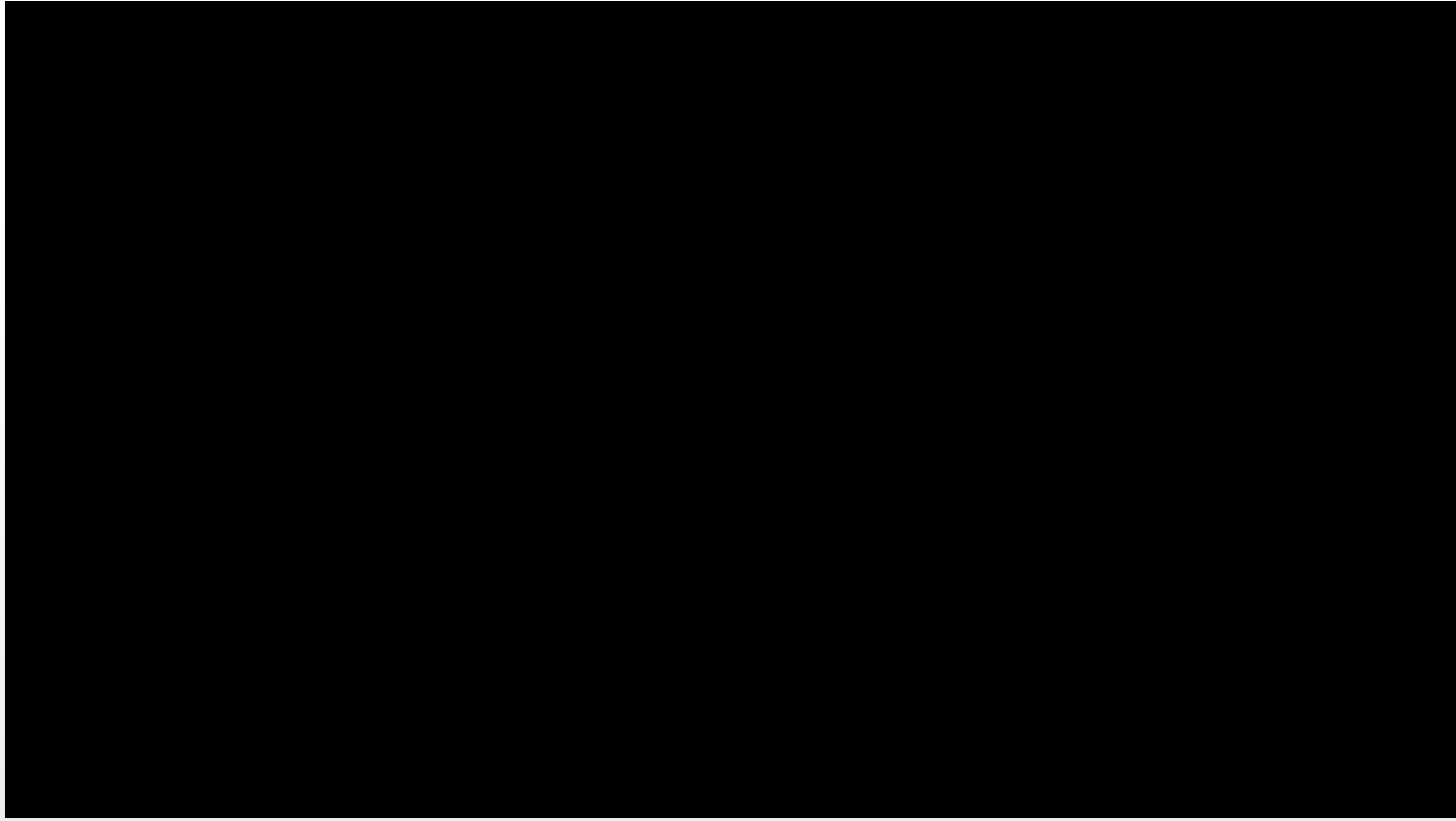
- Motivational Interviewing is a person-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence
- Ambivalence is a conflicted state of favoring change and supporting status quo
- Help people get “unstuck” from ambivalent feelings
- Exploration of person’s personal reasons for making a change

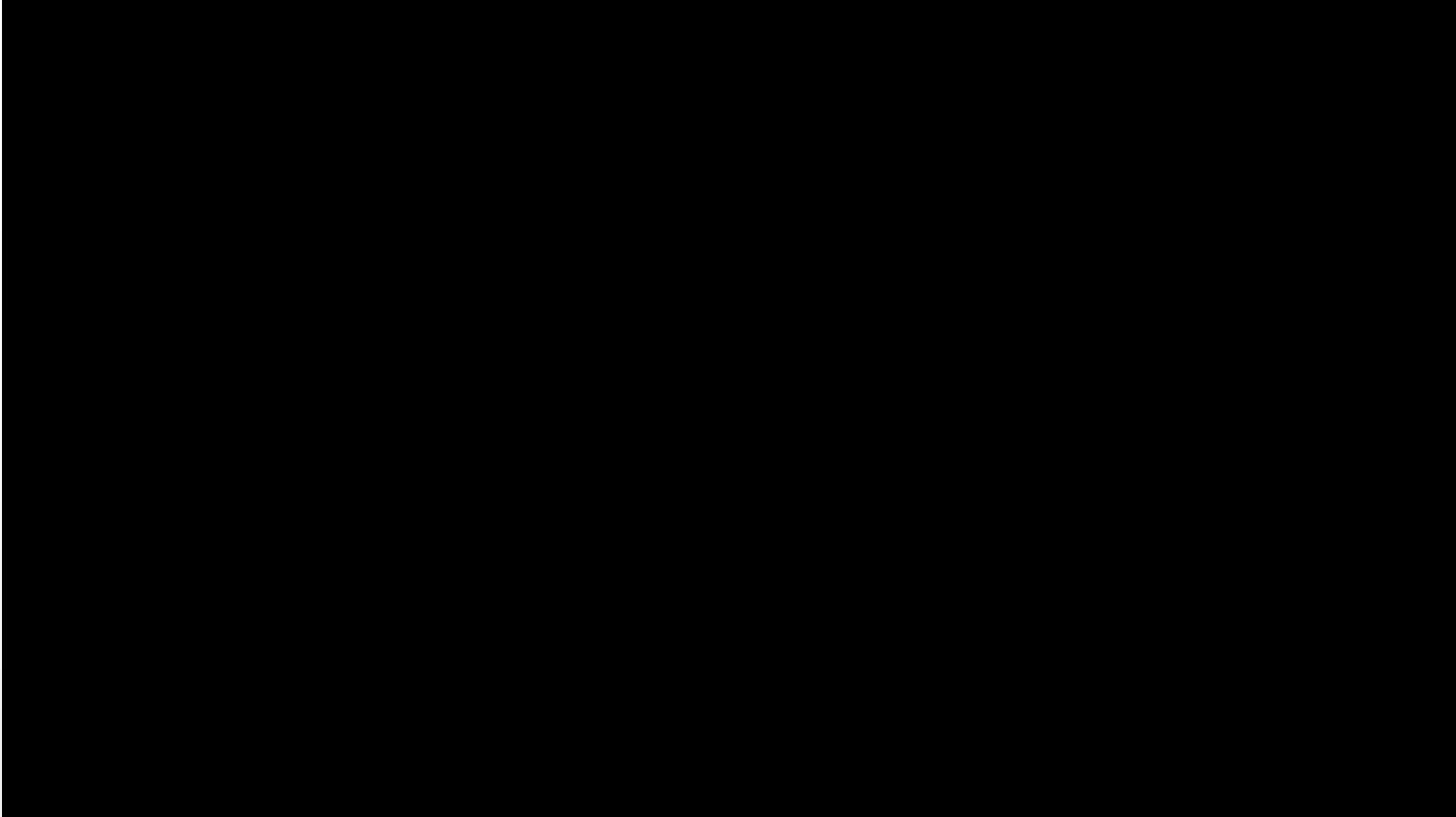
BRINGING THE PERSON CLOSER TO WHERE THEY WANT TO BE FROM WHERE THEY ARE



RIGHT NOW



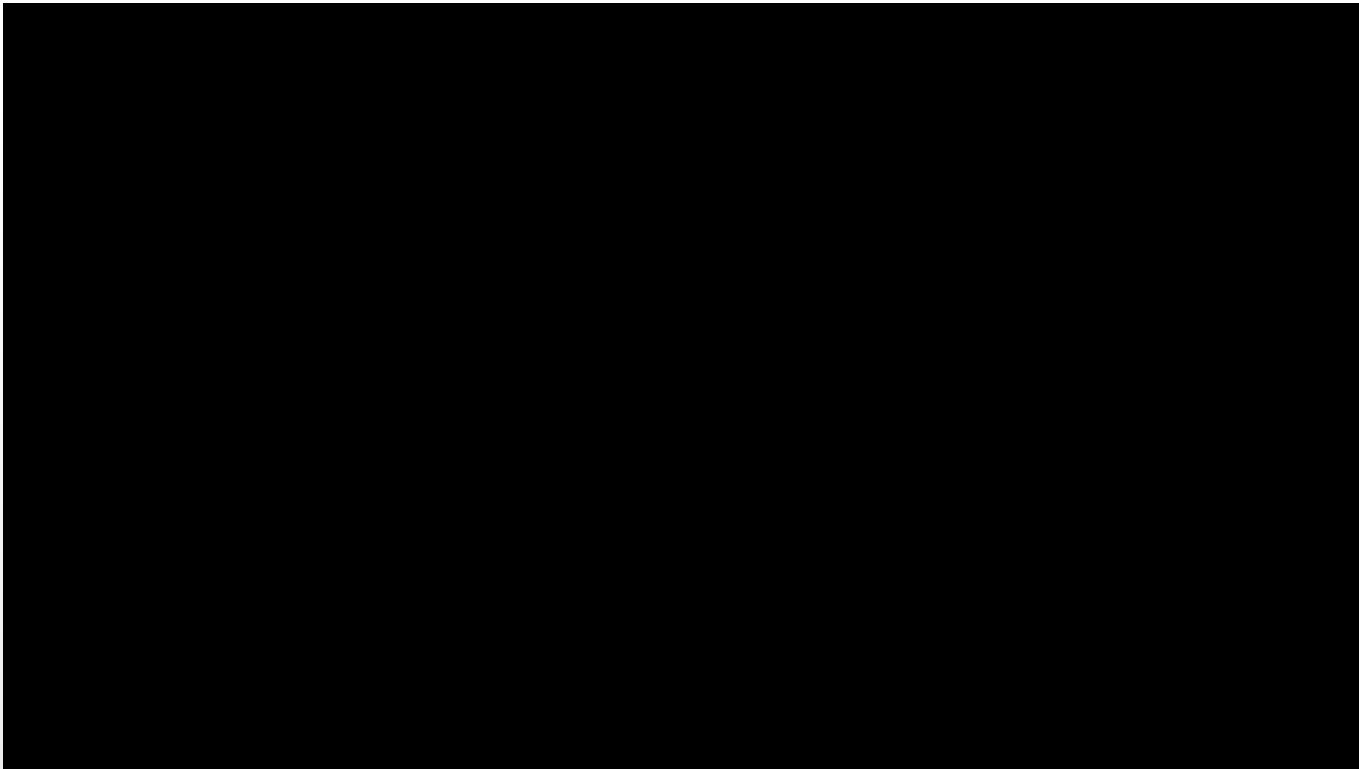




Core strategies



Empathy





**Thanks For
Listening!**

OARS





Reflections

- Amplified
- Double-sided
- Shifting focus
- Reframe

Batting Practice



Change is hard. Let's just do what we always do and call it a "tradition"



someecards
user card

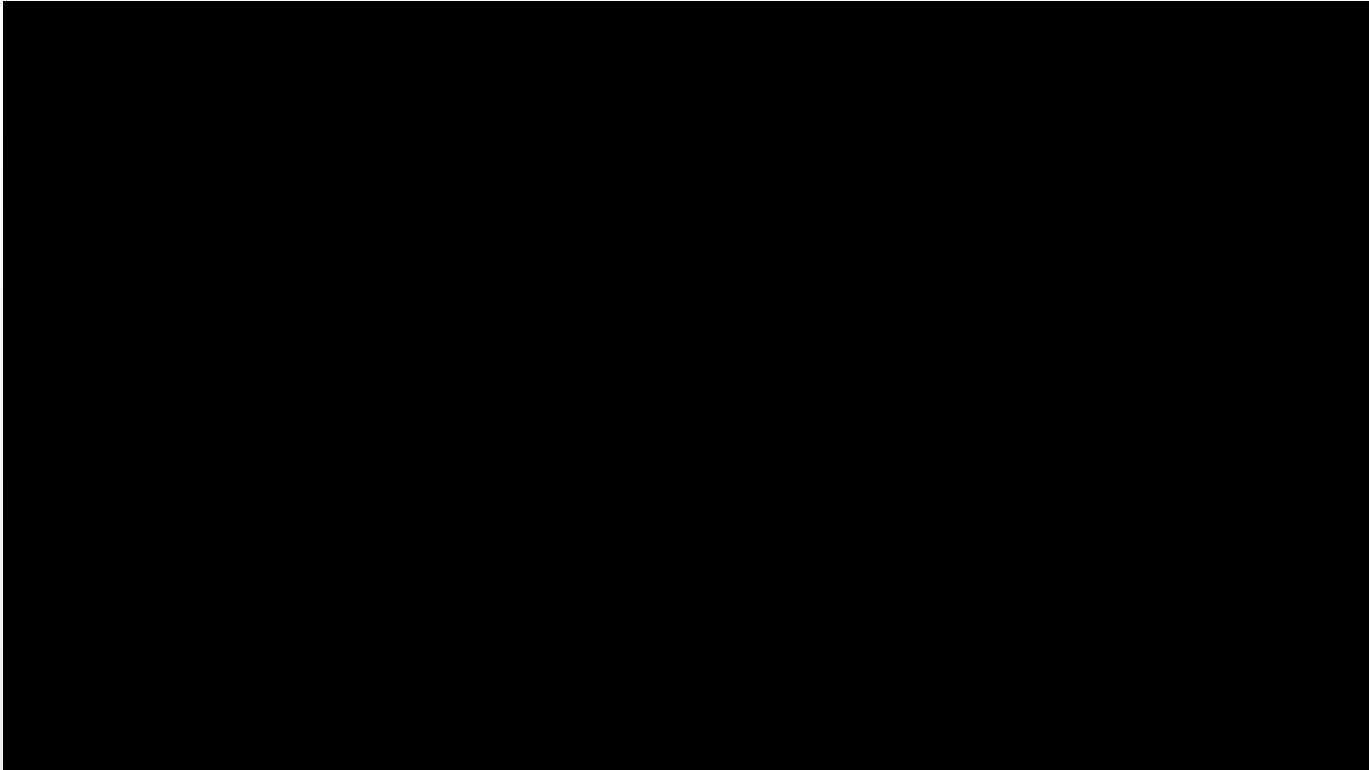
Change Talk





Drumming for Change





Elicit, Provide, Elicit

Thank you for your unsolicited advice. Allow me a few moments to pretend to carefully consider it.



your  cards
someecards.com

Thank YOU!

Amy Shanahan, MS, CADC

shanahana@upmc.edu

Elizabeth (Liz) Sysak, MsED, PhD

sysakea@upmc.edu