



Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Motivational Interviewing (MI) in July

Session 4 | July 28, 2022

Developmental Reflective Motivational Interviewing

Welcome & Opening

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This project has a timeline running from 2019-2023 and is supported by SAMHSA of the U.S. Department of Health and Human Services (HHS) as part of financial assistance award SU-17-002. At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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In the case of any security issues that may occur, this session will immediately end and will not resume using the same join link. A separate email will be sent to all participants with further instructions.

Thank you.

Your feedback is needed!

We need to hear from you to keep bringing you these FREE resources!

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Your completion of the survey is very important part of our quality control and to our future funding for this project as it allows us to continue to provide you with resources and training, such as this webinar, at no-cost.

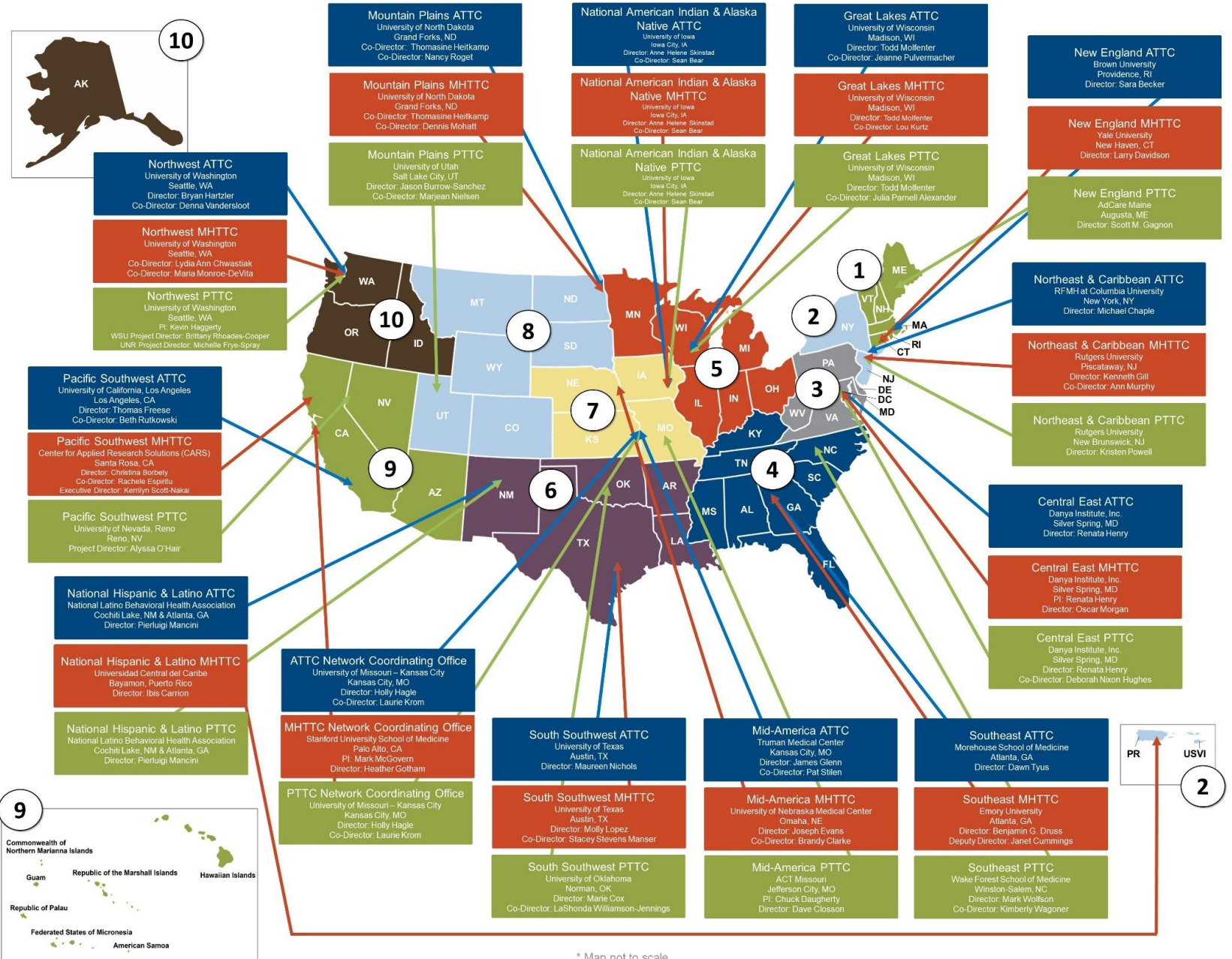
Survey Gift Card Raffle

As a token of appreciation for everyone's time in sharing their feedback, we are offering a **\$50 VISA gift card**, which will be selected at random, and emailed to the lucky participant.

Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration (SAMHSA)

We're Region 9!



* Map not to scale.



Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Our Role

We offer a collaborative MHTTC model in order to provide training, technical assistance (TTA), and resource dissemination that supports the mental health workforce to adopt and effectively implement evidence-based practices (EBPs) across the mental health continuum of care.

Our Goal

To promote evidence-based, culturally appropriate mental health prevention, treatment, and recovery strategies so that providers and practitioners can start, strengthen, and sustain them effectively.

Services Available

No-cost training, technical assistance, and resources



Mental Health Technology Transfer Center
Funded by SAMHSA

**Pacific Southwest
Mental Health Technology Transfer Center (PS MHTTC)
Region 9**
<https://mhttcnetwork.org/centers/content/pacific-southwest-mhttc>

**General Mental
Health Workforce**

*In partnership with
Change Matrix*

**Provider
Wellness**

**Youth & Young
Adult Services
and Supports**

*In partnership with
Youth MOVE National*

**School Mental
Health Workforce**



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MHTTC

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Products and Resources Catalog

Access the wide array of existing products and resources available in our Products and Resources Catalog on our website, such as printed materials, recorded webinars, research articles, and more. [Access Now!](#)

Technical Assistance

Consideration for Intensive TA (If the TA information request cannot be answered by existing resources on the website) can be requested with PS MHTTC staff who will conduct a meeting to assess if the request is within our scope, available time frame, and budget. [Request TA Now!](#)

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

La Red de los Centros de
Transferencia de Tecnología sobre
Salud Mental (MHTTC, por sus
siglas en inglés) utiliza un lenguaje
afirmativo, respetuoso y orientado
a la recuperación de las personas,
en todas sus actividades.

Este lenguaje es:

BASADO EN LAS
FORTALEZAS Y EN LA
ESPERANZA

INCLUSIVO Y DE
ACEPTACIÓN A
DIVERSAS CULTURAS,
GÉNEROS,
PERSPECTIVAS Y
EXPERIENCIAS

CENTRADO EN LA
SANACIÓN Y SENSIBLE
AL TRAUMA

MOTIVA A QUE LAS
PERSONAS DECIDAN
SU CAMINO

CENTRADO EN LA
PERSONA Y LIBRE DE
ETIQUETAS

LIBRE DE
SUPOSICIONES Y
JUICIOS

RESPECTUOSO, CLARO
Y COMPRENSIBLE

CONSISTENTE CON
NUESTRAS ACCIONES,
POLÍTICAS Y
PRODUCTOS

Today's Presenter



Dr. Kristin Dempsey
EdD, LMFT, LPCC

Learning Objectives

01

Identify effective, evocative questions and affirmations that enable the client to learn more about their own motivations

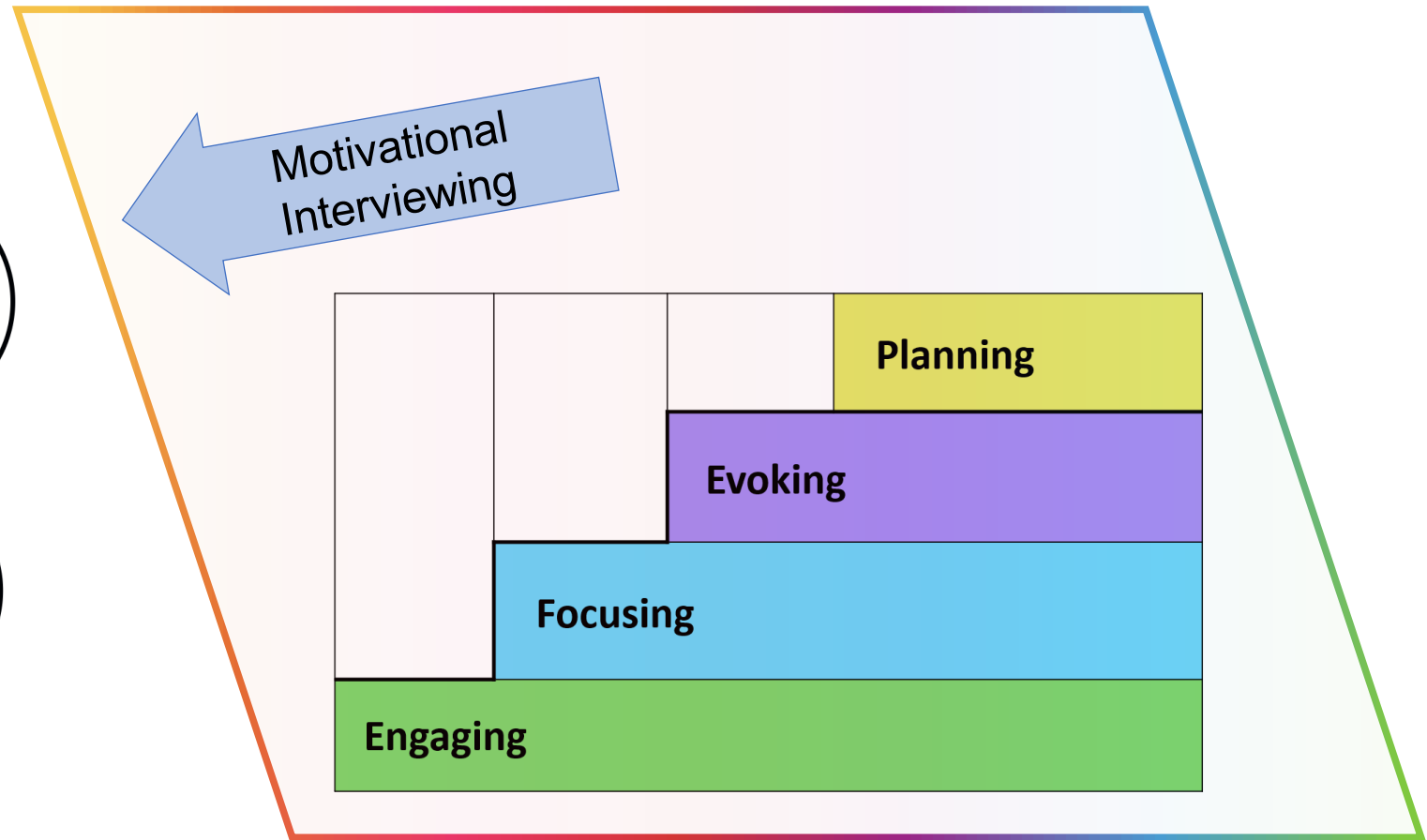
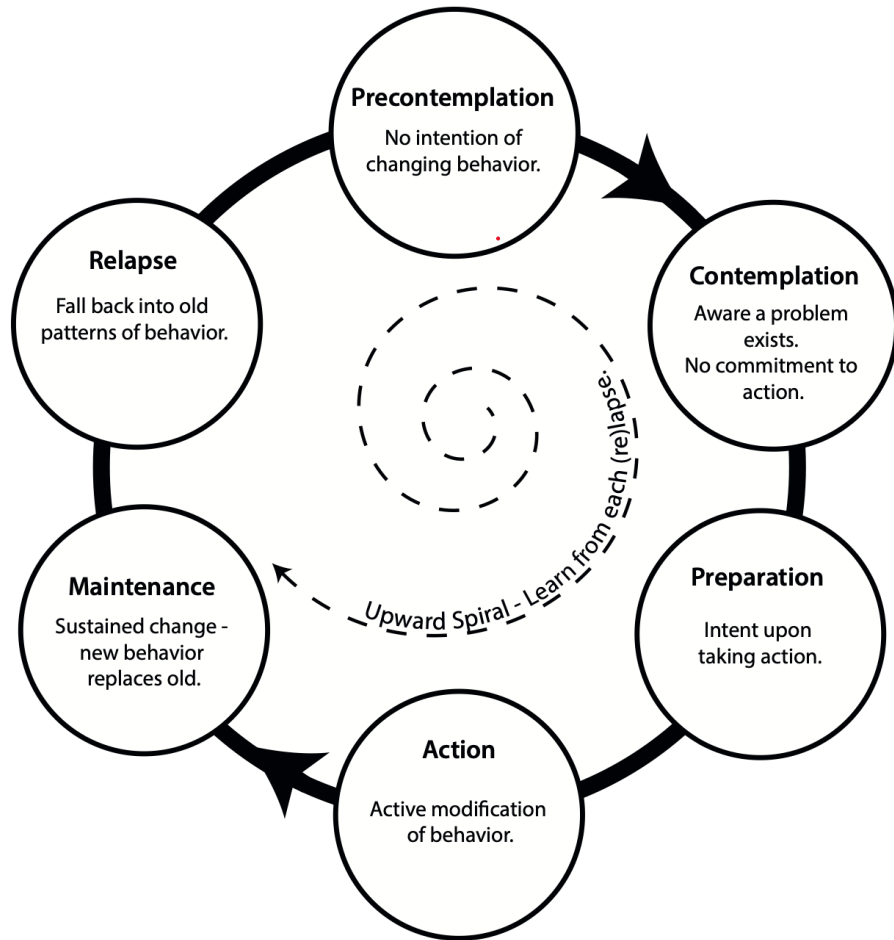
02

Describe the characteristics of effective learners and how these characteristics can lead to individual change

03

Practice completing and working with a “values sort” to develop understanding of individual motivations

Transtheoretical Stages of Change



FIVE Key Communication Skills

(The OARS +1)

Use them to engage and throughout the process



- Open-ended Questions
- Affirmations
- Reflections
- Summaries
- Providing Information and Advice *WITH PERMISSION*



Preparatory Change Talk:
Desire, Ability, Reason, Need
(DARN)

Mobilizing Change Talk:
Commitment, Activation, Taking Steps
(CAT)

What are Some Ways to Promote Reflection and Movement toward Change?

Evocative Questions:

- What would need to happen for you to be ready for change?
- How important is it for you to change?
- How would your life be different if you changed?
- How would your life be different if you did NOT change?
- What are some of the best reasons for you to change?





Providing Affirmation and Identifying Strengths

- We typically see individuals because they are referred to us for a problem that needs to be treated
- Yet, knowing one's problem does not necessarily lead to solving their problem
- In order for individuals to address their individual concerns, they typically need to take action and taking action requires self-efficacy

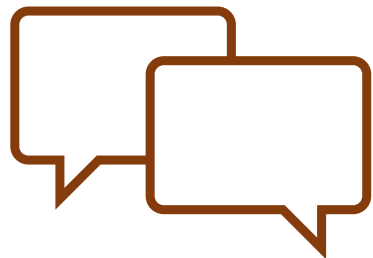


A hand is shown from the bottom left, holding a glowing, golden orb. The background is a soft, warm sunset or sunrise with a gradient from yellow to orange to red. The overall mood is hopeful and uplifting.

Affirmations

Ways to Provide Them

- Affirmations are a specific type of reflective statement in which we describe (NOT evaluate) a strength or characteristic of an individual
- Affirmations are best used to describe BEHAVIORS, not values, attitudes, or goals (Rosengren, 2017)
- Consider thinking about what you ***notice, see, or hear***. We are attempting to provide evidence of someone's abilities so they can start to build an identity as an individual with strength and start to gain access to that quality



Chat Box Exercise

Affirmation or Praise?

I am so proud that you enrolled in that program.

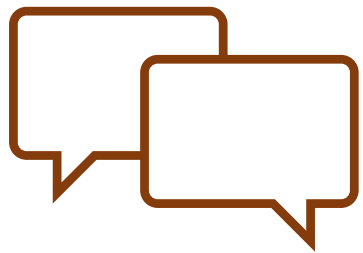
You showed a lot of courage when you overcame your fears and joined the dance group.

I notice that you are willing to be vulnerable in group and open up to others.

That is wonderful!

Great job

I understand you are getting help from your math teacher as you are determined to pass your algebra class.



Chat Box Exercise

In the chat box, list qualities and strengths you notice your clients have...they might not notice these strengths or qualities themselves.

Examples:

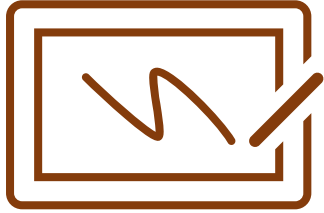
- Courage
- Wonder
- Willingness



Exercise for Strengths Exploration & Reflection

Common Characteristics of Successful Changers

Accepting	Committed	Fearless	Perceptive	Stubborn
Active	Competent	Flexible	Persevering	Thankful
Adaptable	Concerned	Focused	Persistent	Thorough
Adventuresome	Confident	Forgiving	Positive	Thoughtful
Affectionate	Considerate	Forward-looking	Powerful	Tough
Alert	Creative	Free	Prayerful	Trustworthy
Ambitious	Dedicated	Healthy	Reasonable	Understanding
Anchored	Determined	Imaginative	Relaxed	Unique
Assertive	Die-hard	Ingenious	Reliable	Unstoppable
Assured	Diligent	Intelligent	Resourceful	Vigorous
Attentive	Direct	Knowledgeable	Responsible	Visionary
Bold	Doer	Loving	Sensible	Whole
Brave	Eager	Mature	Skillful	Willing
Capable	Earnest	Open	Solid	Wise
Careful	Energetic	Orderly	Stable	Worthy
Cheerful	Experienced	Organized	Steady	Zealous
Clever	Faithful	Patient	Strong	Zestful



Padlet Exercise


Prompts for the Padlet:

- What are the characteristic(s)?
- How did they “show up for you”?
- What change were you able to make?

INSTRUCTIONS

Using Padlet link:

<https://padlet.com/dempseykristin/g5r3pwqaww1sdk9y>

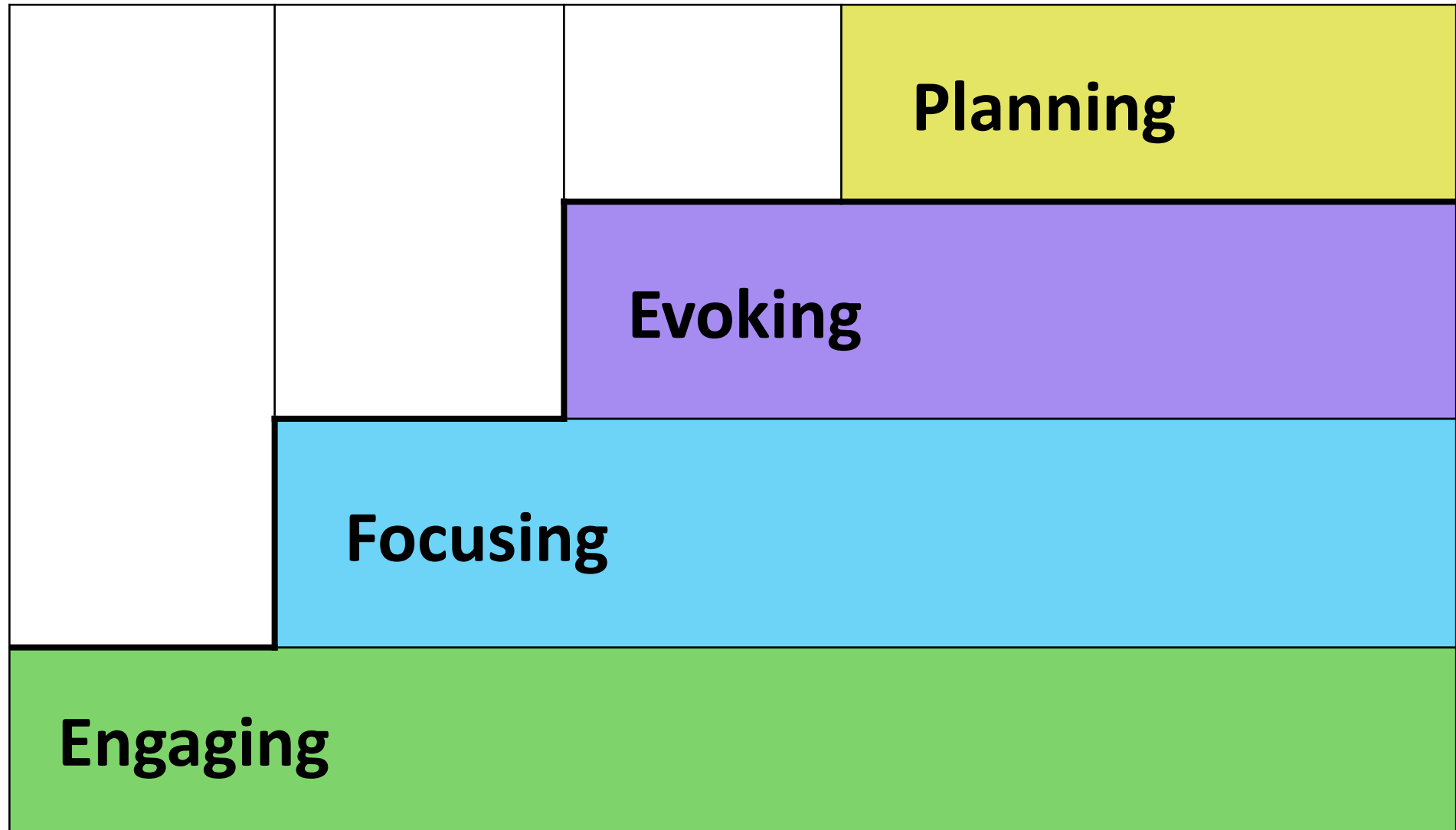
1. Click on the tile (*magenta*  *sign on the bottom right*)
2. Describe how you used 1-3 of the “successful changer” characteristics to make a difference in your own life.
3. In addition to writing, feel free to post a GIF, photo, or video that supports your story

Values Sorting

Helping People Orient Toward
Their Own “North Stars”



Four Foundational Processes



Courage	Wealth	Fairness	Community
Generosity	Love	Beauty	Daring
Pleasure	Ambition	Fitness	Intimacy
Trust	Joy	Empathy	Control
Fun	Adventure	Brilliance	Security

Values Lists

Examples of Values Lists

- [ACT Values Card Sort](#)
- [Motivational Interviewing Card Sort Online](#)
- [What's Important in My Life](#)

Working with Values

1. Obtain List
2. Find a target to consider when sorting: Intimate relationships, work, friends
3. Sort into “Most Important”, “Important”, “Not Important”
4. Choose 3 to 5 values
5. Return to values when determining decisions and directions toward change

Questions and Thoughts?

Thank you for all you do and for sharing your time with each other today.

Kristin@kristindempseycounseling.com

References

- Bandura, A. (1977). Self-efficacy: toward a unifying theory of behavioral change. *Psychological review, 84*(2).
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- Rosengren, D. B. (2017). *Building motivational interviewing skills: A practitioner workbook*. Guilford publications.

**CLOSING
& THANK YOU**



Upcoming
Distance
Learning
Opportunities

Join us for other Pacific Southwest MHTTC Trainings!

Rising Practices & Policies in our Workforce: Spring & Summer Learning Series

Every Second Monday of the Month from May – August 2022

Session 4: August 8 | 3:00 pm - 4:15 pm PT | [Register Now](#)

Motivational Interviewing (training series) MI in July

July 29th | 4:00 pm – 5:15 pm PT | [Register Now](#)

Peace from Anxiety: A Summer Check-In and Reboot

August 9 | 3:00pm – 5:00pm PT | [Register Now](#)

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Access all of our recorded webinars!

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<https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35>

**Please allow 14 business days for all recordings to be made available.*

Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants. If you joined through the phone only, please email Diana Gray at dgray@cars-rp.org to report your participation.

**Please allow 2 weeks for certificates to be issued.*

Optional Continuing Education Hours for Mental Health Professionals

Optional Continuing Education Hours (CEHs) are available for a processing fee of \$25 payable to the Center for Applied Research Solutions (CARS) following the event. **A total of 6 CEHs are available** for full participation in all 5 sessions, for ASW, BRN, LCSW, LEP, LMFT, LPCC, and/or PPS as required by the California Association of Marriage and Family Therapists (CAMFT) and CA Board of Registered Nurses. CARS is an approved provider for: CA Board of Registered Nurses #16303 and CAMFT #131736.

To purchase optional CEHs, please email pacificsouthwest@mhttcnetwork.org.

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Phone: (844) 856-1749

Website:

<https://mhttcnetwork.org/centers/content/pacific-southwest-mhttc>

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