

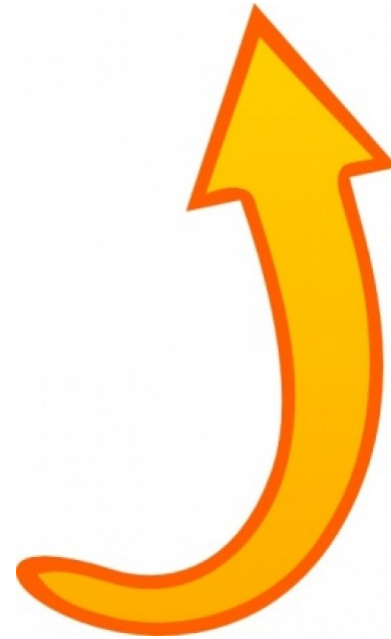
MOTIVATIONAL INTERVIEWING: PROVIDING A PANORAMIC VIEW

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When you notice something's "off", how to have a conversation using motivational interviewing



IDENTIFYING RED FLAGS OF AOD USE



Poor performance (academic, work, athletic)

Limiting social circles and/or events

Losing interest in things that used to be important

Experiencing substance-related negative consequences

Experiencing memory loss/blackouts

Driving while under the influence

Increased tolerance for substances

Can't control use

Craving AOD

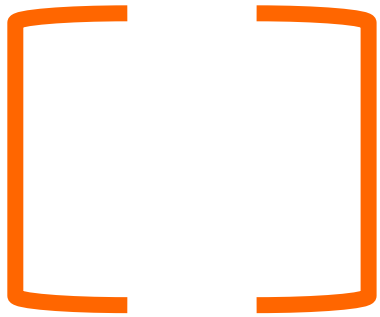
Denial

When AOD is interfering with life and there is continued hazardous use

WHAT IS MOTIVATIONAL INTERVIEWING (MI)?

Using certain techniques and giving people a certain kind of space that allows them to hear *themselves* in a different way – a way that strengthens *their* motivation to change





THE SPACE OF MI



ACCEPTING/Non-Judgmental

Trying to understand where the other person is coming from

Positive and respectful

Collaborative

Honors autonomy

THE TECHNIQUES OF MI



O pen-ended questions

A ffirmations

R eflections

S ummaries



O PEN-ENDED QUESTIONS

Tell me more...

What's that like for you?



What might need to be different for you to think about changing?

If you decided to make a change, how would things be different?

If you wanted to make a change, how would you do it?

What do you like about _____? On the other hand, what don't you like?

How can I support you?



AFFIRMATIONS



- **Appreciating/Reinforcing their strengths, successes, hopes, desires, efforts to change, etc.**
- **Use “you” statements, not “I”**
- *The fact that you’re injured but still doing PT three times a week shows how committed you are to getting back on the field.*
- *As a leader, you really care about what’s best for the team, and you’d do anything you could to help us succeed.*
- *You’ve already been thinking about this and have some really good ideas for how you might make this change.*
- *You showed a lot of strength when you _____.*



REFLECTIONS



Reflect back what the other person is saying and/or feeling. May be helpful to start with “It sounds like you ____.”

“I don't know about you but I'm feeling 22. Everything will be alright if you keep me next to you. You don't know about me but I'll bet you want to. Everything will be alright if we just keep dancing like we're 22.”

“We're happy, free, confused, and lonely in the best way. It's miserable and magical (oh yeah). Tonight's the night when we forget about the heartbreaks. It's time.”

“I don't have a problem with my drinking. Sure – I miss class sometimes, but everyone does that. So I drink a little more than others on the team. It's not like I'm hurting anyone, and it's my first year at college. It's not a big deal.”

SUMMARIES



Summarizing the conversation to communicate our understanding and can be used to gauge readiness to move forward.


“We’ve talked about _____ and this is what I’ve heard you say: _____. What did I miss? Where might you go from here?”

<https://www.youtube.com/watch?v=KkP3P5ucR4U>
<http://www.clipartkid.com/two-stick-people-cliparts>



PRACTICE TIME!

You've noticed a fellow student-athlete who's been talking more about being "so wasted" at parties, and being hungover for some practices.

Remember the space  and the techniques



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1. **Ask permission:** "Is it alright with you if we talk for a few mins?"
2. **I care:** "You mean a lot to me / I care about you, etc."
3. **I see:** "Lately I've noticed..." (be specific)
4. **I feel:** "I'm concerned / it scares me / I'm worried..."
5. **I wonder:** "I wonder, what do *you* think about how your drinking's going?"
-Use OARS in this section
7. **I will:** "Thanks for talking with me. It's up to you where to go from here. I will support you / I'm here for you / there are resources when you're ready."

THINGS TO KEEP IN MIND

- **It's normal for this to feel uncomfortable/stressful.**
- **It's common for someone to feel attacked when carefronted = defensiveness and/or denial.**
- **Support and encourage them in the changes they want to make.**
- **If they aren't willing to make a change, enabling them usually makes things worse.**
- **Know the resources.**
- **It's important to take care of you.**



SO WHAT?

NOW

WHAT?