

Communicate to Motivate: A Training Tool for Motivational Interviewing

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Objectives

- Understand how motivational interviewing skills affect communication between clients and counselors
- Apply motivational interviewing skills in daily practice

Outline

- Communicate to Motivate videos promote positive communication with clients and motivate them to make positive changes
- Positive communication affects the client engagement and outcomes
- Mothers In Motion videos provide simple and practical tips to help clients make positive changes



Communicate to Motivate videos

http:tinyurl.com/communicatetomotivateprevie
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Important Lessons Learned: Non-Verbal Cues and Tone

- Videos: Pay attention to
 - The 4-year old
 - Client and Counselor's non verbal cues

Video: Non MI Approach

Video: MI Approach

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Example Skills:Client Says "I Don't Know"

Client: "I don't know."

Counselor: "Perhaps you need more time to think about it." OR "Can you tell me more about why you don't know?"

Example Skills (Cont'): A Quiet Client

Client: (Quiet)

Counselor: "You are quiet. Please tell me what you

are thinking." OR

Counselor: "Perhaps you don't feel like talking."

It Is Okay to Stay Client-Centered

 Understand what's important to the client and build on their motivation to make change.

Video: A Fast Food Mom Starts Cooking at Home

Positive Communication Is a Learned Skill

- Listening is an action
- Wait for a few seconds before responding to avoid talking over the client
- Allow the client time to think and respond to your question
- Okay to have short silent moments

Positive Communication Affects Outcomes

Video: A Pregnant Woman Who Refuses Finger Pork Later Asks What Foods are High in Iron

Motivational Interviewing Skills Are Flexible

- Motivational Interviewing (MI) does not need to be applied the same way with every client or in every situation
- Don't worry about making small errors when applying MI
 - If an error is made, a lesson is learned
 - When MI works, build on it for future sessions

Video: I Keep Making Errors and Client Keeps Correcting Me

Resources for Clients

- Mothers In Motion videos
- Another Useful Website

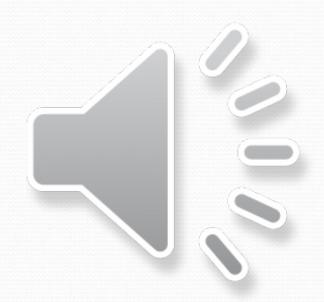
Mothers In Motion Videos

http:tinyurl.com/mothersinmotionpreview

Summary

- Non-verbal cues and tone affect communication
- It is okay to stay client-centered
- Positive communication affects outcomes
- Motivational interviewing skills are flexible

Audio: Positive Communication Saves A Baby's Life



Free Videos When Available

 Both Communicate to Motivate and Mothers In Motion videos are free when available

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