



Communicate to Motivate: A Training Tool for Motivational Interviewing

Mei-Wei Chang, PhD, RN, Associate Professor



THE OHIO STATE UNIVERSITY

COLLEGE OF NURSING

Susan Nitzke, Monica Smith, Diane Traver,
Laurie Perrelli, Tara Fischer, Kristen Hanulcik



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/communicatetomotivatepreview>
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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





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](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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