

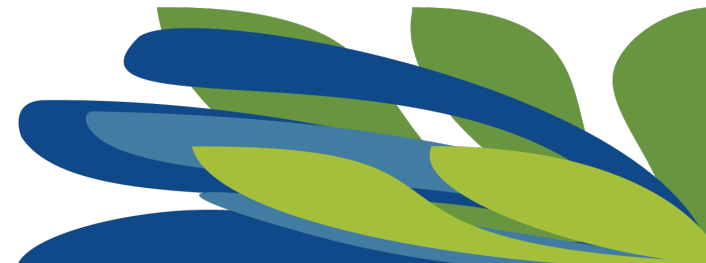


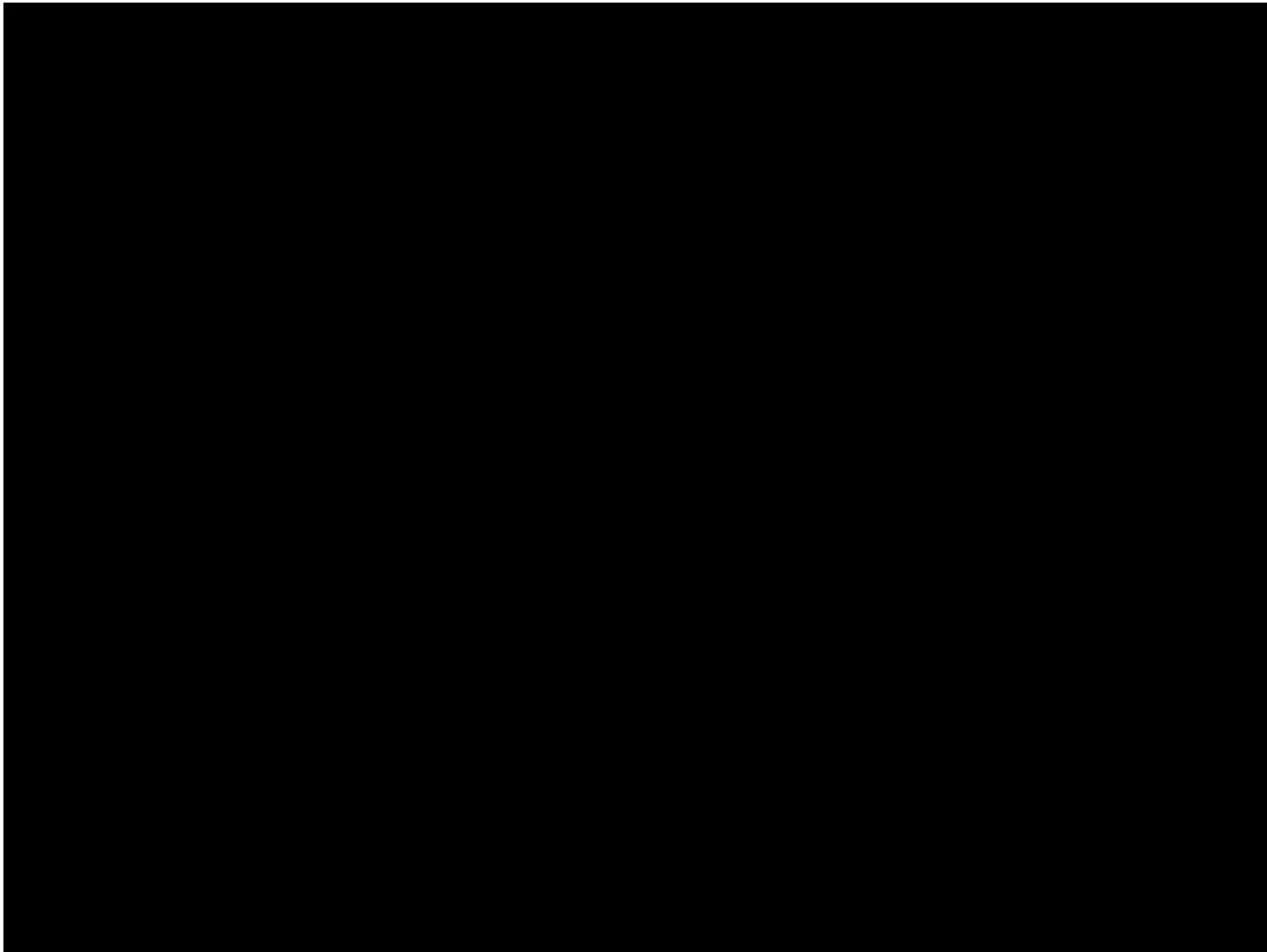
**Pacific Southwest**

RURAL OPIOID TECHNICAL  
ASSISTANCE REGIONAL CENTER

# Motivational Interviewing in Group Settings

Scott Walters, PhD





*If you had the power of the  
“force” what participant  
behaviors would you change?*

# Some Common Areas

Nutrition

Exercise and  
activity

Mindset and  
mood

Healthy  
relationships

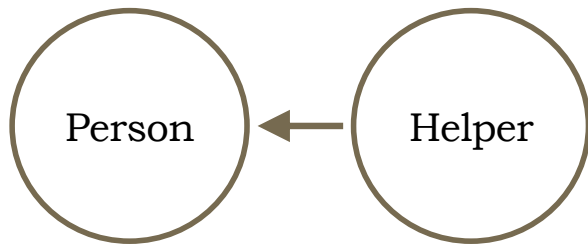
Avoiding  
problem  
substances

Hobbies and  
recreation  
activities

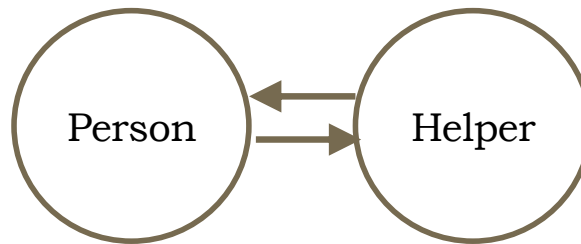
Medication  
compliance

# Conversation Styles

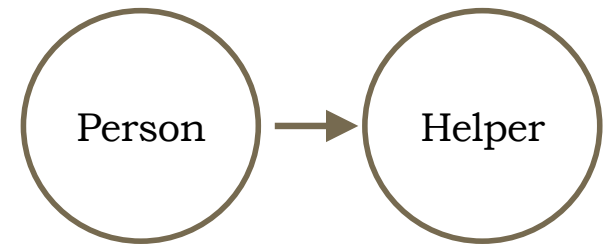
Directing



Guiding



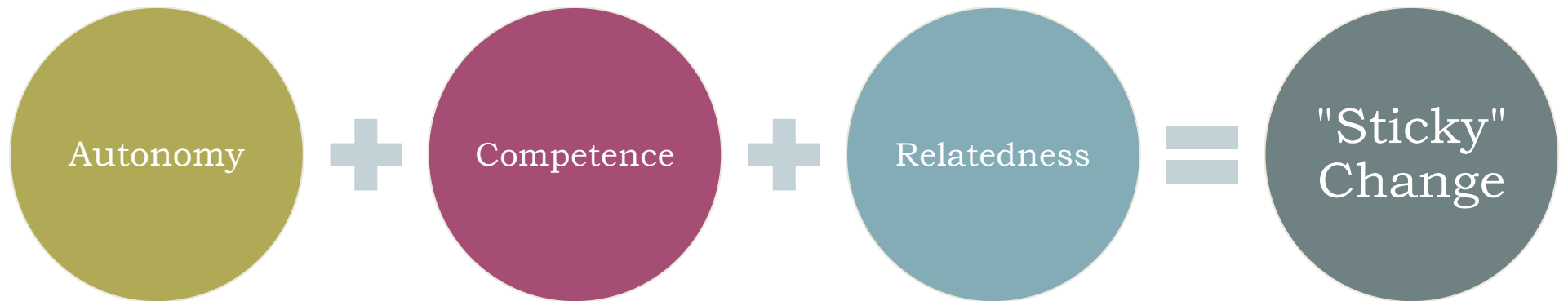
Following



***Motivational interviewing is a collaborative conversation style for strengthening people's motivation and commitment to change.***

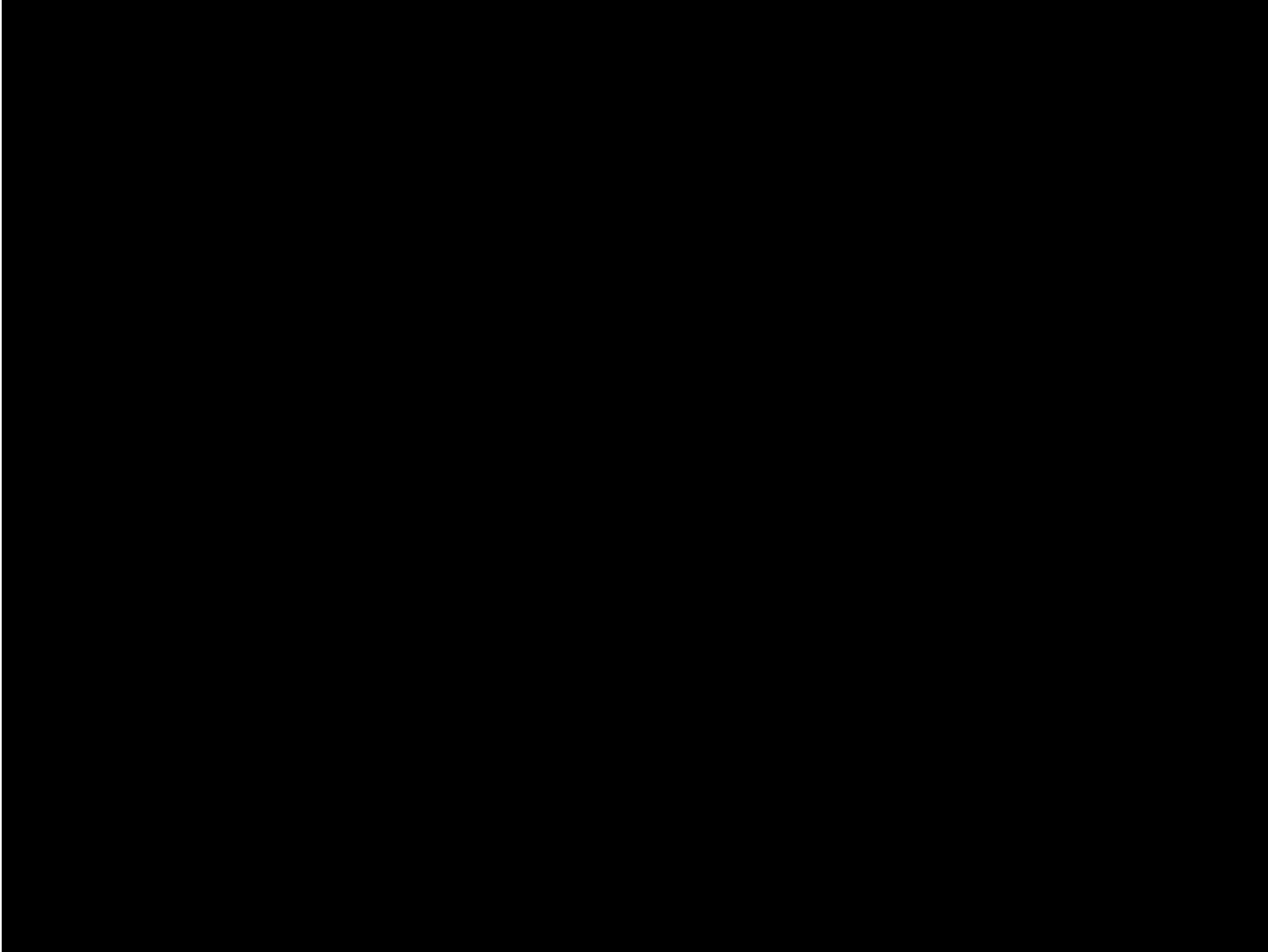
# Traditional vs. MI Groups

Traditional Educational Groups	Motivational Interviewing Groups
Goal is to educate people and ensure understanding	Participants' internal motivation plays a larger role
Facilitator often has a more directive role; present the “best” information and solutions	Emphasizes a partnership between facilitator and group members; shared decision-making
Less emphasis on the therapeutic relationship; more about delivering content	Uses empathic listening to engage people and draws out ideas and solutions





# Engaging and Focusing



# Core Conversation Skills (OARS)



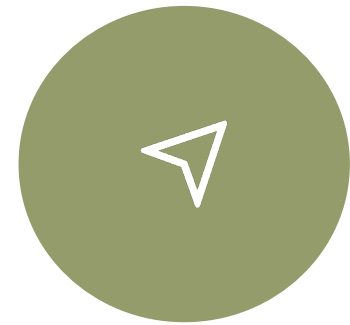
OPEN-ENDED  
QUESTIONS



AFFIRM



REFLECT



SUMMARIZE

What else?

What's your main  
motivation?

## Open-Ended Questions

*More than one possible answer; gets people talking*

Who can help you  
with this?

Where would you  
start?

## Closed Question

Do you have any questions about this?

Is there anything you could do to remind yourself about the new time on Monday?

Is there someone you could talk to about this?

Anything else?

## Open Question

*What questions do you have about this?*

*What could you do to remind yourself about the new time on Monday?*

*Who could you talk to about this? How would that help?*

*What else?*

# Closed vs. Open Questions

# Open or Closed Question?

- Are you snacking before bedtime?
- How many times a week are you eating meals with your family?
- How would you get started if you wanted to?
- What changes have you noticed?
- What would you consider a balanced meal?
- What kinds of physical activity do you enjoy?
- Could you try a different routine?
- Don't you think it's time for a change?



GIVE BOTH  
SIDES

REPEAT

## Reflect

*Repeat back what the person is saying; improves clarity*

GIVE THE  
EMOTION

REWORD OR  
PARAPHRASE

I really need to do something about my diet.

You're hoping if you make small changes now, there will be a big payoff later.

Sounds like you're motivated to make some changes.

So you'd like to improve your diet.





## Tips for better reflections

- Strip the statement down; state only the most important parts.
  - *It's surprising.*
  - *It feels like you're never seeing any progress, so why try.*
  - *It almost feels like you're being set up for failure.*
- Continue the thought; say what comes next. Try starting with a conjunction:
  - *...and because of that, you feel...*
  - *...based on that, you...*
  - *...because it feels like...*

What's a  
good  
reflection?

- I'd certainly like to eat more fruits and vegetables, but prices have gone up a lot. It's insane.
- My family is supportive. We're all trying to eat healthier together.
- I don't really have anyone to support me. I'm doing it on my own.
- I usually just eat in front of the TV while I'm working. It's more convenient.
- I don't really like fruits and vegetables. I only eat them if I have to.

That's great. I think that will really work for you.

You've thought a lot about this.

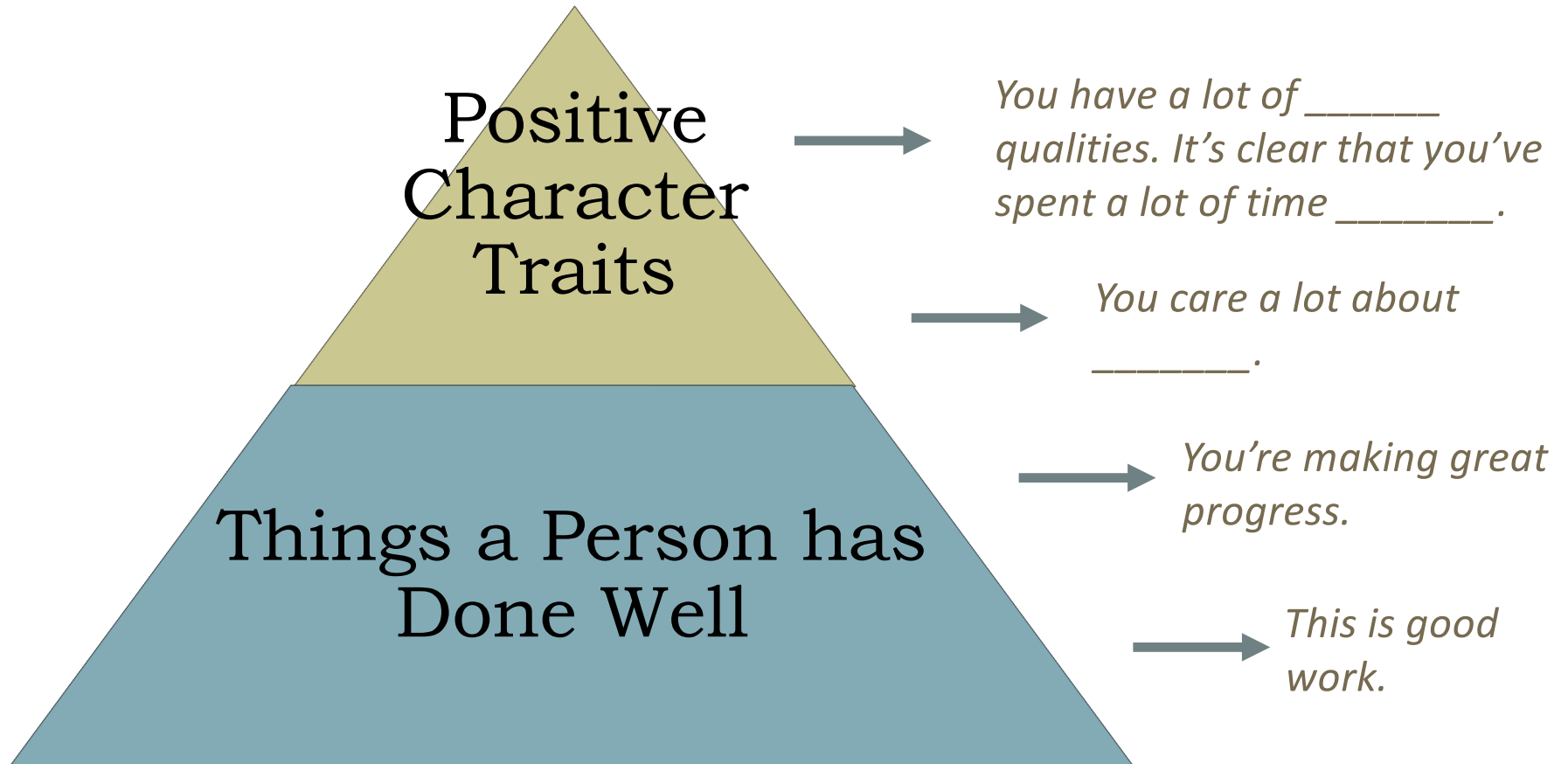
## Affirm

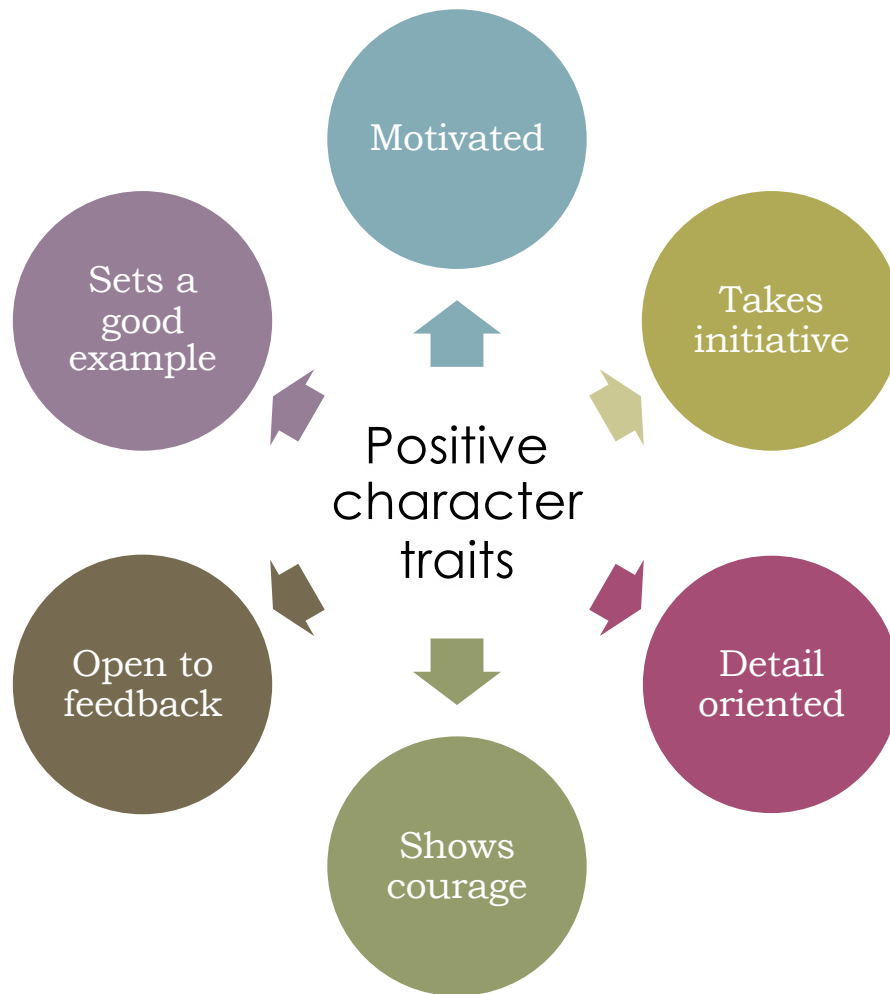
*Recognize positive efforts; makes change more likely*

This is really great effort.

I appreciate you bringing that up.

# Hierarchy of Affirmations





So your main  
reason for  
wanting to...

Let me summarize  
here...

# Summarize

*Before you leave, connect the dots*

So you're going to...

So what we've  
decided is...



## TIPS FOR SUMMARIES

- Summaries are just longer reflections.
- Summaries can be used at the end of a conversation to remind the person of what they said.
- Summaries can be used during a conversation to move from one topic to another.
  - *So your most important reasons are...What do you want to do about it then?*
- If you are using frequent reflections, it will be easier to remember what the person said in your summary.

# Eliciting and Planning

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**Awareness Test**

# How Talk Leads to Change

People talk about:

Then they talk about:

Which leads to:

Desire

Ability

Reasons

Need



Commitment



Change

# Eliciting Change Talk with “OARS”

## Person Says:

*“I want to do better about cooking my own food.”*



## Helper Says:

What would that look like?

*“I guess I could start keeping track of how much water I’m drinking.”*



That’s a great idea.

*“When I stick to a schedule, it helps keep things straight.”*



So sticking to a schedule would things more predictable.

**How would  
you respond  
to change  
talk?**

- The doctor told me cutting down on sweets would help with the pain, but I've never really seen much difference.
- There's a little support group at my church. I don't really know any of those people though.
- When I take the pills it keeps my blood pressure down, but I keep forgetting. It's a lot to remember.
- I would love to make changes to my diet, but my kids won't eat that kind of stuff. I'm fixing for the whole family.

# Information Using “Elicit Provide Elicit”

“What do you know about...?”



“That’s right. I’ve also seen that...”



“So what’s your plan?”

“What are you thinking you’ll do about...?”



“That’s right. Another thing you might consider is...”



“So what’s your first step?”

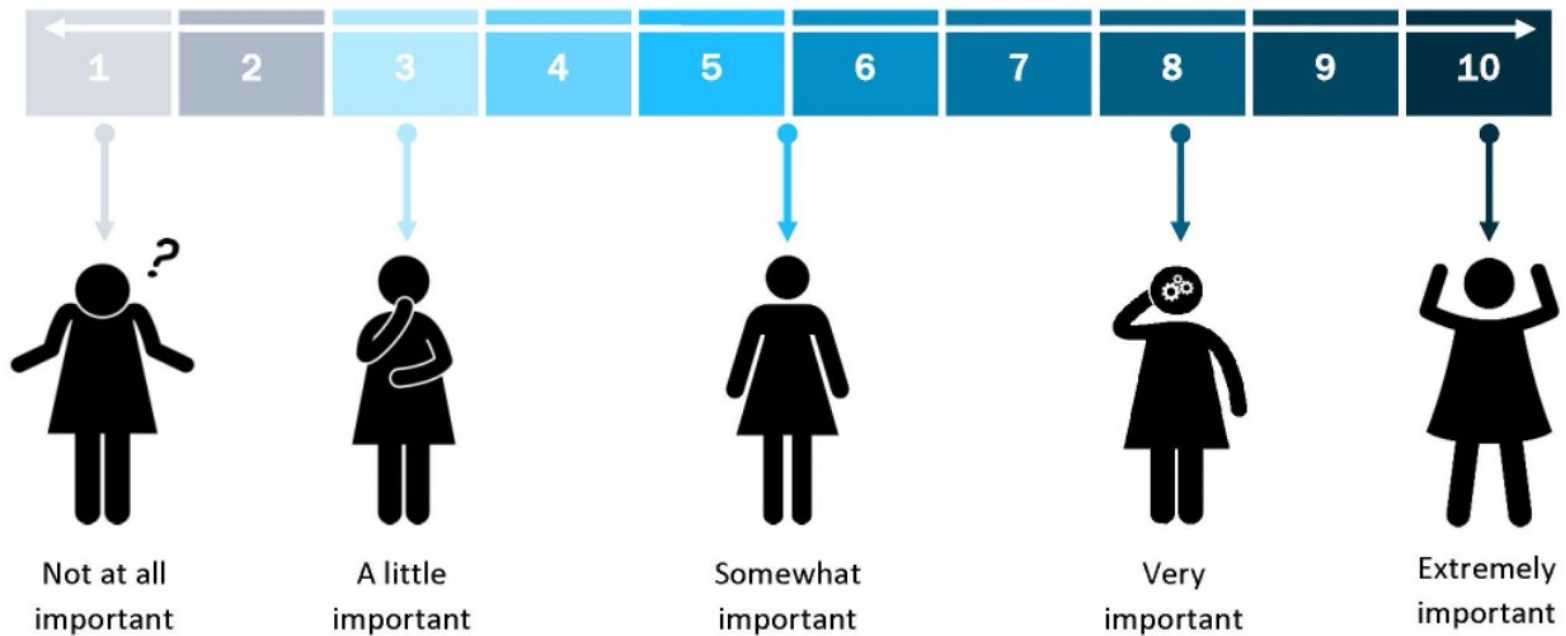




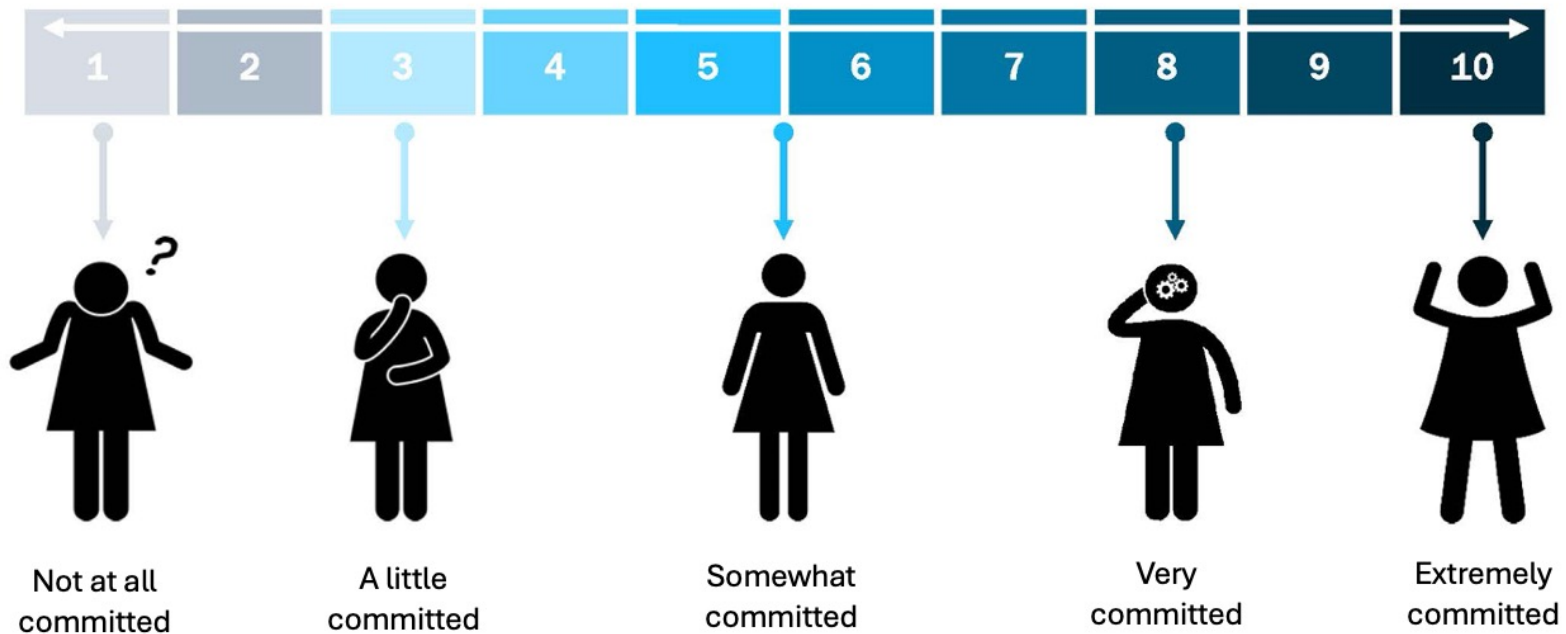
**Give Advice  
in a Guided  
Style**

- Ask for permission.
  - *Would it be okay if I gave you some information about...*
  - *If you don't mind, let me give you a suggestion here...*
- Preface advice with permission to disagree.
  - *This may or may not apply to you, but...*
- Give a menu of options.
  - *There are a couple things you could do here...*
- Emphasize personal choice.
  - *...but again, you'll have to decide what will work best for you.*

## How important is it for you to meet this goal?

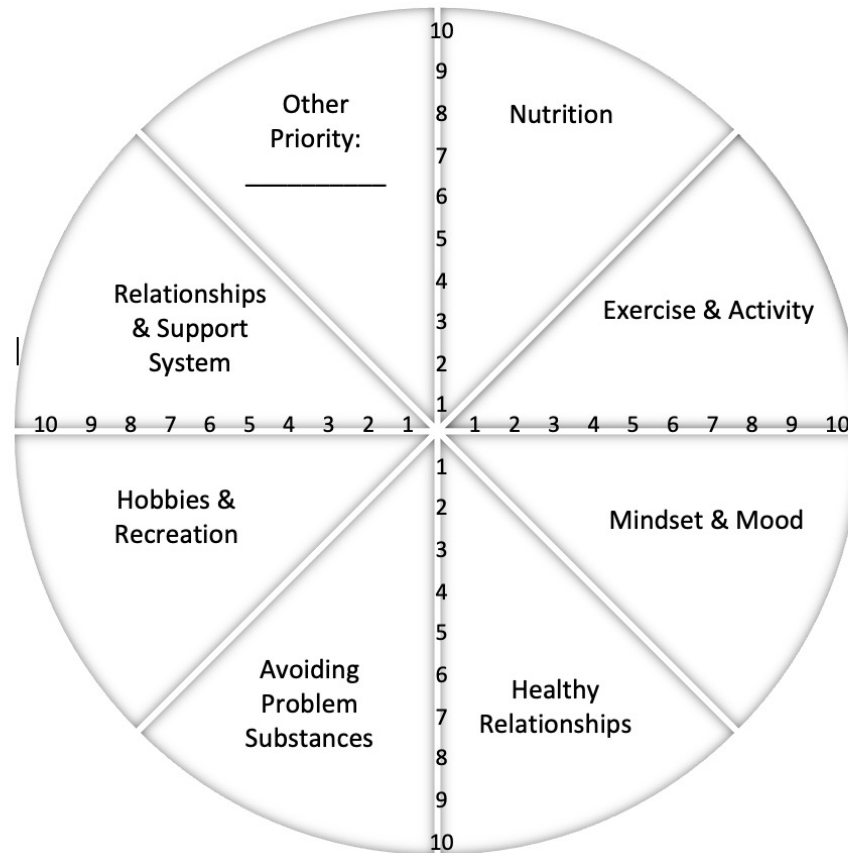


## How committed are you to meeting this goal?

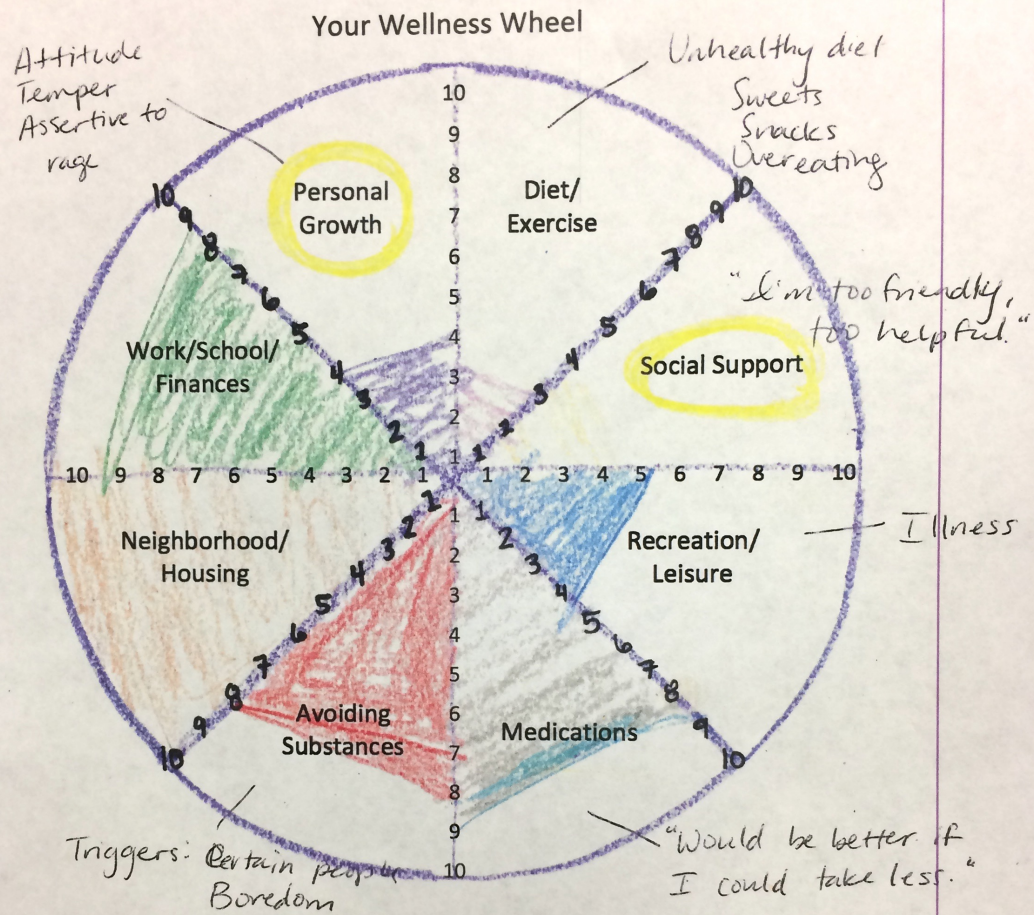




## Your Wellness Wheel



At this moment, how satisfied are you with each part of your life?  
Color each part of the wheel, where  
1 = not at all satisfied; 10= very satisfied



At this moment, how satisfied are you with each part of your life?  
 Color each part of the wheel, where  
 1 = not at all satisfied; 10 = very satisfied

# Stuff in this Presentation



Importance &  
Commitment Rulers



Wellness Wheel



## **Pacific Southwest**

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Thank you!

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