

Handout 2: Motivational Interviewing Application (MH Teleconference, Part 1, January 14, 2016)

Instructions: This handout is intended to highlight the application of Motivational Interviewing at each process (Engaging, Focusing, Evoking, Planning). For the sake of brevity, application only highlights a “snap shot” of MI practice. In the space provided to the right, please note the MI elements you see in practice.

Spirit: Collaboration, Evocation, Acceptance, Compassion
Skills: Open question, Affirmation, Reflection, Summary

| Narrative (Practitioner, Speaker) | | Note MI element (Spirit, Skill) by each process |
|-----------------------------------|--|---|
| 1 | P: Thanks for coming in today. It’s good to see you. Tell me a little about how you’ve been. | <u>ENGAGING</u> |
| 2 | S: It’s been hard lately. I don’t have much energy and I feel so down and depressed this time of year. Everyone spends time with family. Well, not me. I don’t have much of a family to speak of. | |
| 3 | P: This is a hard time of year for you and you’re struggling. | |
| 4 | S: Yeah, I’m not sure what to do. And it’s been very stressful at work because I might lose my job. Management keeps talking about making cuts and my job might be on the line. I can barely pay the bills right now. If I get let go, I don’t know what I’d do. | |
| 5 | P: You’ve got a lot on your mind. Life is hard right now, yet you’re hopeful that the new year will be a better year than last year. | |
| 6 | S: I sure hope 2016 will be better; anything would be better than last year. | |
| 7 | P: You are a strong person; you’ve been through a lot, and here you are still hoping for something better. | |
| 8 | S: I don’t know if I’m a strong person, but I have been through a lot and I do want my life to be better and less stressful. | |
| 9 | P: So, you’re coming in today with a lot on your mind: feeling down, trying to connect socially with others, worries about the job. Of these topics, what are your thoughts about what you’d like to focus on? | transition into <u>FOCUSING</u> |

Discussion question: What are examples of Spirit or Skills during Engaging?

Handout 2: Motivational Interviewing Application (MH Teleconference, Part 1, January 14, 2016)

Change Talk (DARN CAT): Desire, Ability, Reason, Need, Commitment, Activation, Taking steps

| Narrative (Practitioner, Speaker) | | Note MI element (Spirit, Skill) by each process Note any DARN CAT change talk language from Speaker |
|-----------------------------------|---|--|
| 10 | S: Well, I need to have more energy if I'm going to do anything, so I guess I'd like to talk about the depression. | <u>FOCUSING</u> to come to agreement on the change topic |
| 11 | P: Getting a handle on the depression is a priority. | |
| 12 | S: Yes, because if I'm depressed, nothing is going to go very well. | |
| 13 | P: On a scale of 0 to 10, where 0 is not at all important and 10 is very important, how important is it for you to address the depression? | transition into <u>EVOKING</u> to explore motivation |
| 14 | S: I would say about a 7; it's pretty important because, like I said, if I'm depressed nothing is going to go my way. | |
| 15 | P: What would it take to get to an 8 or a 9 on importance? | |
| 16 | S: I don't know. I really want to feel better. | |
| 17 | P: So you're ready to take some steps toward change to feel less depressed. | |
| 18 | S: For sure. I've got to feel better. | |
| 19 | P: How would you like for things to change? | |
| 20 | S: I want to be able to get out of bed in the morning and instead of dreading the day, I want to feel good about the day. | |
| 21 | P: You want to hit-the-ground-running each day. | |
| 22 | S: Yeah, because if I can feel okay in the morning, chances are I'll feel better later in the day. When I wake up depressed, it's never a good day. | |

Handout 2: Motivational Interviewing Application (MH Teleconference, Part 1, January 14, 2016)

| | | |
|----|---|--|
| 23 | P: So what happens in the morning is a key to dealing with the depression. You know yourself very well. For you, what are some reasons to feel less depressed – to feel better? | <u>EVOKING (cont.)</u> |
| 24 | S: I would say feeling less negative, having more energy to do things. I don't really have much of a family anymore, and I'd like to have more social connections. Nobody wants to hang out with me when I'm down. | |
| 25 | P: So feeling better includes taking some risks to reach out to others, to get more connected socially. | |
| 26 | S: Yeah, I would say so. When I isolate myself and feel down, it's hard to reach out. But I need to. | |
| 27 | P: So to summarize, addressing the depression is a priority for you because you want to feel better, have more energy, and hang on to your job as best as you can... it will be easier to do that if you're feeling more energy. You got good insights about doing something in the morning to start the day and involving others. I'm wondering if you're interested in coming up with a plan to address the depression? | Summary of EVOKING + test the water; transition into <u>PLANNING</u> to develop a change plan |
| 28 | S: Sure. | |
| 29 | P: With the goal of reducing the depression, or feeling better each day, what do you think you might be able to change? | |
| 30 | S: I could probably read a meditation after I wake up. I have one of those books from when I was in treatment years ago and I've been thinking about getting it out again. | |
| 31 | P: So starting the day off intentionally—focusing your thoughts on the positive. What else? | |
| 32 | S: Maybe call a friend that I haven't seen in a while and meet up for coffee or something. | |
| 33 | P: Okay, so take a risk to make a call—the person will be happy to hear from you. | |
| 34 | S: I don't know about "happy" but we go way back and it's been awhile, so that's something that might be good. | |

Discussion question: What are examples of Spirit or Skills during Evoking/Planning?
What are examples of DARN CAT change talk?