

Trauma Informed & Healing Centered Family Engagement



Module Four

What is motivational interviewing?

The “spirit” of Motivational Interviewing = PACE

Partnership

We partner with folks to find ways that they can uniquely walk down the path toward having their needs met. We have information and advice that may be useful to the client, but our expertise is secondary to what they know about themselves.

Acceptance

Absolute worth – A key tenant of MI is a rock-solid belief that every person has intrinsic value and worth.

Accurate empathy – “getting” someone, truly seeing their world as they see it.

Autonomy support – accepting that all people have a right and ability to direct their own lives, and to make their own choices. Our clients can and will choose the path that seems right to them.

Affirmation – intentionally choosing to focus on what is right and what is working. Adopting a strengths perspective is both respectful of our clients and most effective.

Compassion



Apathy

Not showing concern; indifference



Antipathy

Reacting negatively; blaming



Advise

Taking the expert role



Sympathy

Feeling sorry for, commiseration



Empathy

Accurate understanding of a person’s perception and feelings

Evocation

Speaks to the spirit with which we engage with someone and the process of engagement.

An evocative spirit implies that most of the answers are within their person, not in us.

By our words and actions, we say to folks that they have what is needed to move forward and that together we will find it.

Building Self-Efficacy in families you are serving – recognizing every interaction as a skill building opportunity.

Core Motivational Interviewing Skills = OARS

Are there examples of where you are using these techniques in your practice?

Open-Ended Questions	
Affirmations	
Reflections	
Summary	