

RESOURCES

WEBSITES

MINT-Motivational Interviewing Network of Trainers:

<https://motivationalinterviewing.org/>

U.S. Department of Justice National Institute of Corrections
MOTIVATIONAL INTERVIEWING IN CORRECTIONS A Comprehensive Guide
to Implementing MI in Corrections:

<https://info.nicic.gov/nicrp/system/files/025556.pdf>

BOOKS

Guilford Press

<https://www.guilford.com/search-products/Motivational+Interviewing>

OTHER TRAINERS

Steven Malcolm Berg-Smith, M.A.

<http://www.berg-smithtraining.com>

Greg Merrill, LCSW

<https://socialwelfare.berkeley.edu/people/greg-merrill>

INTERACTIVE APP

Change Talk: Childhood Obesity

A TASTE OF MI

PART ONE (NOT MI)

Once you find out what change they want, do these five things:

1. *Explain why they should make this change*
2. *Give at least three specific benefits resulting from the change*
3. *Tell the person how they could make the change*
4. *Emphasize how important it is for them to do this And maybe even negative consequences for not doing it*
5. *Tell/persuade them to do its*

And if you encounter resistance, repeat!

A TASTE OF MI

PART TWO (AN MI INTERVIEW)

Ask Permission: “Would it be okay if we spent a few minutes talking about something you’re thinking of changing?”

Only ask these four **open questions**:

1. *Why would you want to make this change?*
(REFLECT)
2. *If you did decide to make this change, how might you go about it in order to succeed?*
(REFLECT)
3. *What are the three best reasons for you to do it?*
(REFLECT)
4. *How important would you say it is for you to make this change, on a scale from 0 to 10, where 0 is not at all important and 10 is extremely important?*
[Follow-up question: *And why are you at _____ rather than a lower number of 0?*]
(REFLECT)

Summarize “change talk”

Give back a short summary of the answers to these questions you heard of the person’s motivation for change.

Ask about next step

“What do you think you’ll do?”

Listen with interest to the answer; Reflect.

Show appreciation

“Thank you for your willingness to talk with me about_____.”

Voice confidence

Close the conversation with:

“I’m confident that if and when you make a firm decision and commitment to make a change in this part of your life, you’ll find a way to do it!”

YOUR REFLECTIONS, PLEASE – Literally

Instructions: Below you will find samples of actual statements made by a range of clients. Please circle 5 different statements that are similar to your clients' statements, and/or, fill in some of your own on the last page.

ADOLESCENTS/YOUNG ADULTS

1. "I don't care what I do with myself. I just want to do nothing when I 'grow up.'"
2. "I can't do better in school because the teachers and principal already hate me."
3. "It is not my fault. The bus was late and the guy that interviewed me told me that stuff I would do at the job, sounded like I would be a slave."
4. "What's the point of learning to read and write when I'm only going to die and get shot tomorrow? I won't even make it to 17, you watch."
5. "You know, I'm just doing my thing right now until it's played out. Then I'll go straight and settle down."
6. "I'm not going to work some stupid job at Carl's Jr., making minimum wage. I make a lot more doing what I am doing now."
7. "You haven't gotten me my housing yet or a job."
8. "My parents used [drugs and alcohol] throughout my childhood. Why can't I?"
9. "Those assholes go and work those minimum wage jobs. I make great money selling dime bags, and pot should be legal for all ages anyway."
10. "I hate my father, but whatever..."

11. "Will I always feel like this? Will my life always be like this?"
12. "What do you think I should do?"

MENTAL HEALTH

13. "Everybody's pressuring me to get a payee but there is no way in Hell that's going to happen."
14. "People are just trying to poison me with gas."
15. "They are spying on my every move."
16. "I don't have a gambling problem. I just like to gamble a little too much sometimes."
17. "I think the building manager is blowing this incident out of control. All I did is cuss out the front desk person, and everyone knows she's a fucking idiot."
18. "I'm not going to a homeless shelter ever. Those places are nasty and I'm better off in the park."
19. "The last care manager I had was useless. She never even returned my calls, she didn't help me with SSI, and all she wanted to do was talk about my 'feelings.'"
20. "Talking, taking pills, these things are boring, and they don't help me. They depress me."
21. "My dog is the only living thing I care about, and she loves me, too. People think that's weird, but I don't care. She's better than any human as far as I can tell."
22. "I've had a miserable life from start to finish. And I just want to die. If I get evicted, I'll kill myself. I'm not going to be homeless."

23. "I like spending a couple of weeks in the hospital. It's like taking a vacation from my life."
24. "All you people want to know is if I took my medication. Did you take yours?"
25. "The CIA have bugged my room and my cell phone, and the Blackhawk helicopters follow me everywhere."
26. "I don't slit my wrists to kill myself. I just do it to feel something, and I kind of like watching the blood starting to drip out."
27. "The gay people have it out for me in this town. They are trying to make a sexual slave out of me."
28. "I can't stop feeling anxious (or depressed) and I don't know what to do. Do you know?"
29. "I can't keep feeling this way."
30. "Things aren't getting any better and I don't know what to do."

BIRTH PARENT STATEMENTS

31. "I just used crack the one time. It was just one little time. I just needed to see if I could walk away from it again, and I did. It's done."
32. "He didn't mean to get so mad. He's a good guy. He was just high. If anything, I'm the one who started it."
33. "I can raise my child anyway I want. Children need discipline, and I am strict. And you got a problem with that?"
34. "I'm a good parent. I love my kids."
35. "The reason my test came back positive was because I had the flu and took flu medication. The test must have picked that up by accident."

36. "I was at this party and somebody spiked my drink. That's the only reason I can think of why my test was positive."
37. "I've called those people several times, and they never get back to me. What else can I do?"
38. "The reason the house is such a mess is because we just moved in and I've been sick, so I haven't had time to clean it up yet."
39. "My daughter is a very developed and flirtatious eight-year-old, and she caught my boyfriend at a weak moment – that's all."
40. "The real problem is the economy. There are no jobs, and if I could just find a job, everything would be fine."
41. "I do smoke a little marijuana, but it's legal, so I can't be arrested."

OLDER ADULTS

42. "I appreciate your concern but I'm not usually hungry, and if I am, I find something in the cupboard. I really don't want Meals on Wheels."
43. "I know the bills are piling up, but I'll get to them. I've just been busy."
44. "I wish my know-it-all daughter would just leave me the hell alone. I don't tell her how to live her life."
45. "I take my medications when I feel I need them. I don't think I need them every day."
46. "I know my daughter is an alcoholic and you probably think I'm nuts for letting her live with me, but I like her company and I know that I wasn't the best mother when she was little."
47. "When my husband died, I just might of well have jumped in the grave with him."

48. "I wish the good Lord would just take me. I've had a good life, and I'm ready to go. I'll wait for his call but I'm ready."
49. "My house is just fine. I'm not sure why people keep making such a big deal of things, saying that I'm going to fall. I've never fallen in my life and my house has always been like this."
50. "I'm retired now, and I worked hard my entire life. If I want to sit in this recliner every day and sleep, that's my right."
51. "I don't want to move. I've lived in that building for 42 years. This is home."

HEALTH/MEDICAL

52. "My doctor says if I keep drinking, my liver is going to quit out on me, and I think he's full of shit."
53. "I'm not too worried but it's been over a year since I had an HIV test and let's just say I've been sexually busy."
54. "My doctor is trying to scare me, saying my foot will be amputated if I don't smarten up."
55. "The physicians really want my daughter to have the transplant, but I just have a funny feeling about it. They think I'm crazy, but I say leave well enough alone and let her stay on dialysis."
56. "My son tells me that I have to get some grief counseling and move on. I was married to him for 58 years, and if I want to be sad for a while, I think I've got the right, don't you?"
57. "I'm not going to wear Depends. I'd rather just keep peeing my pants. I get new ones at Goodwill, and it all works out."
58. "I don't want to be a burden on my family. I just want to be left alone to die. This will be too hard for them."

59. "The doctors say he is brain dead, but his eyes flutter and I know he's in there. I just can't kill my own son. A mother can't do that."
60. "The doctors say I have to gain weight, but they won't give me Boost. I like that stuff. I'd drink it all the time if they'd just give it to me."
61. "First I got cancer. Then as soon as I recovered, my husband had his stroke. My daughter just lost her job, and then my son died suddenly of a cocaine overdose. I can't take one more piece of bad news."
62. "I love food, that's my problem. Other people can eat whatever they want and stay skinny as a rail. Me, if I so much as eat two leaves of lettuce, I gain another 10 pounds."
63. "The dietician wants me to eat these weird foods that I've never even heard of and certainly don't like the looks of. That's just not how my family and friends eat."
64. "I don't want to go to the Dr. I don't have a problem."
65. "I need the Vicodin. It's the only thing that helps my pain. I have rheumatoid arthritis for Christ's sake. They are making me feel like a junkie."
66. "I tend to drink until I throw up or black out three times a week, and I don't really want to stop drinking."

Reflective Stumpers: THINGS YOUR CLIENTS FREQUENTLY SAY

- 1.
- 2.
- 3.
- 4.
- 5.