

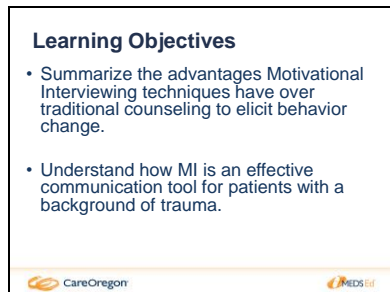
Slide 1



Slide 2



Slide 3



Slide 4



Slide 5

What is Trauma?

"Trauma is an event that is extremely upsetting and at least temporarily overwhelms internal resources."

Christina Heyes, MA
Oregon Department of Justice

Briere, J. (2009). Dissociative symptoms and trauma exposure: Specificity, affect dysregulation, and posttraumatic stress. *Journal of Nervous and Mental Disease*, 194, 79-82.

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Trauma

Traumatic events include **personal/private** experiences and **public** experiences.

Personal/Private	Public
<ul style="list-style-type: none"> • Sexual Assault/Abuse • Domestic Violence • Personal Violence 	<ul style="list-style-type: none"> • Natural Disasters • War • Community Violence

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The Righting Reflex



Overcome your inclinations to fix.
It's a reversal. Let it come from the person.

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In MI, you are less the problem-solver
figuring things out, and more the guide.



TRAIL
GUIDE

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Equipoise

Equipoise is a conscious, intentional decision not to use your professional presence and skills to influence a person toward making a specific choice or change.

Maintaining neutrality even when you might have a strong opinion;
maintaining that neutrality.

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When Change is Hard

Not because of...

- Lack of information
- Laziness
- Denial
- Oppositional personality

Often a motivational issue

- Ambivalence
- Stuck in ambivalent stage – wanting/not wanting, or wanting incompatible things at the same time
- Ambivalence is uncomfortable – leads to anxiety
- To avoid anxiety, we procrastinate

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MI helps resolve ambivalence...



...helping elicit a person's own motivation to change

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Close-ended	Open-ended
<ul style="list-style-type: none">• Do you have any questions about your medications today?• Do you realize that smoking threatens your health?• Do you think you can make this change?	<ul style="list-style-type: none">• What questions can I answer for you about your medicine today?• What do you think it would be like if you weren't a smoker anymore?• Why do you think it might be time to quit?

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“Are you in pain?”
“How do you feel?”

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“Don't you want to quit smoking?”
“What are the advantages that you see in quitting?”

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**“How’s it going
with taking your
medications?”**

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Affirmations

CareOregon REDS

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The Purpose of Affirmations

**To build a sense of self-
confidence or self-efficacy.**

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"You really care a lot about your family."

"This is hard work you are doing."

"It took a lot of courage coming in today."

"You've been successful changing before."

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The Purpose of Affirmations

"I'm impressed with your ability to take your medicine with all the other things you have going on in your life."

"I appreciate your honesty sharing that you don't want to give up cigarettes."

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**Reflective
Listening**

**The most
important skill**

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Reflections

Understanding what the person is **thinking** and **feeling** then saying it back to them.

Reflections are statements, not questions.

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“I don’t think that I have high blood pressure. I feel fine.”

“You have some concerns and questions about your diagnosis.”

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“I feel worse on this medication. I don’t want to take it anymore.”

“You’re worried about this side effect keeping you from taking your medication.”

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“It’s hard for me to remember to take my meds. I forget things easily by nature.”

“It sounds like it’s challenging to remember to take your medications all the time.”

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The Purpose of Reflections

- To express empathy and understanding.
- To see the world through their eyes.
- Use twice as many reflections as questions.
- Reflections are the foundation.

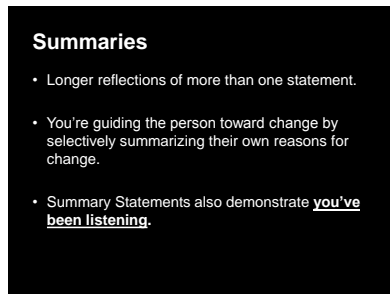
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“As I hear myself talk, I learn my beliefs.”

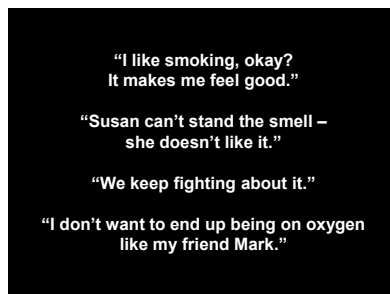
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What is Change Talk?

Change Talk
Contains not only reasons and benefits that the person sees for making the change, but also ways they could make the change and be successful at it.

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Why Change Talk?

"I wish I could"
"I want to change"

Change Talk
When we get it we reinforce it – we encourage it. The more a person argues for change themselves, the more likely it is that they're going to change their behavior.

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Encouraging Change Talk

"Why do you want to make a change?"
"What are the reasons to change?"
"What would some of the benefits be?"
"What would be your first step?"

You can ask questions to generate change talk.

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If time is limited (Mini MI session)


- Ask why they would want to make a change and how they might do it
- Make some key reflections – “tell me more”
- Offer education and ideas *with permission*
- Schedule time to continue the discussion



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Learning Objective Review



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Learning Objective 1

Which is an advantage MI has over traditional counseling?

It avoids potential for relapse
Helps patient understand their own motivations for change
It's faster than traditional counseling
Provider has more authority/control

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Learning Objective 2

Why is MI helpful for individuals with a background of trauma?

- MI developed by military trauma team
- Often used in corrections facilities
- Patient feels like an equal partner, less a subordinate to authority figure
- Recommended by ACE Study

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Bonus Learning Objective 1
When we feel two ways about something, it's called:

Equipoise
Ambivalence
An Affirmation
Marriage

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Bonus Learning Objective 2
Which is the most important skill in motivational interviewing?

Open-ended questions
Affirmations
Reflective Listening
Summaries

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