


Community Education Series

The Recovery Village and Advanced Recovery Systems





Presentation Topic:
Motivational Interviewing Webinar Series
Part 2: Behavior Change



Speaker:
Johanna Leal

About the Speaker:

JohannaLeal

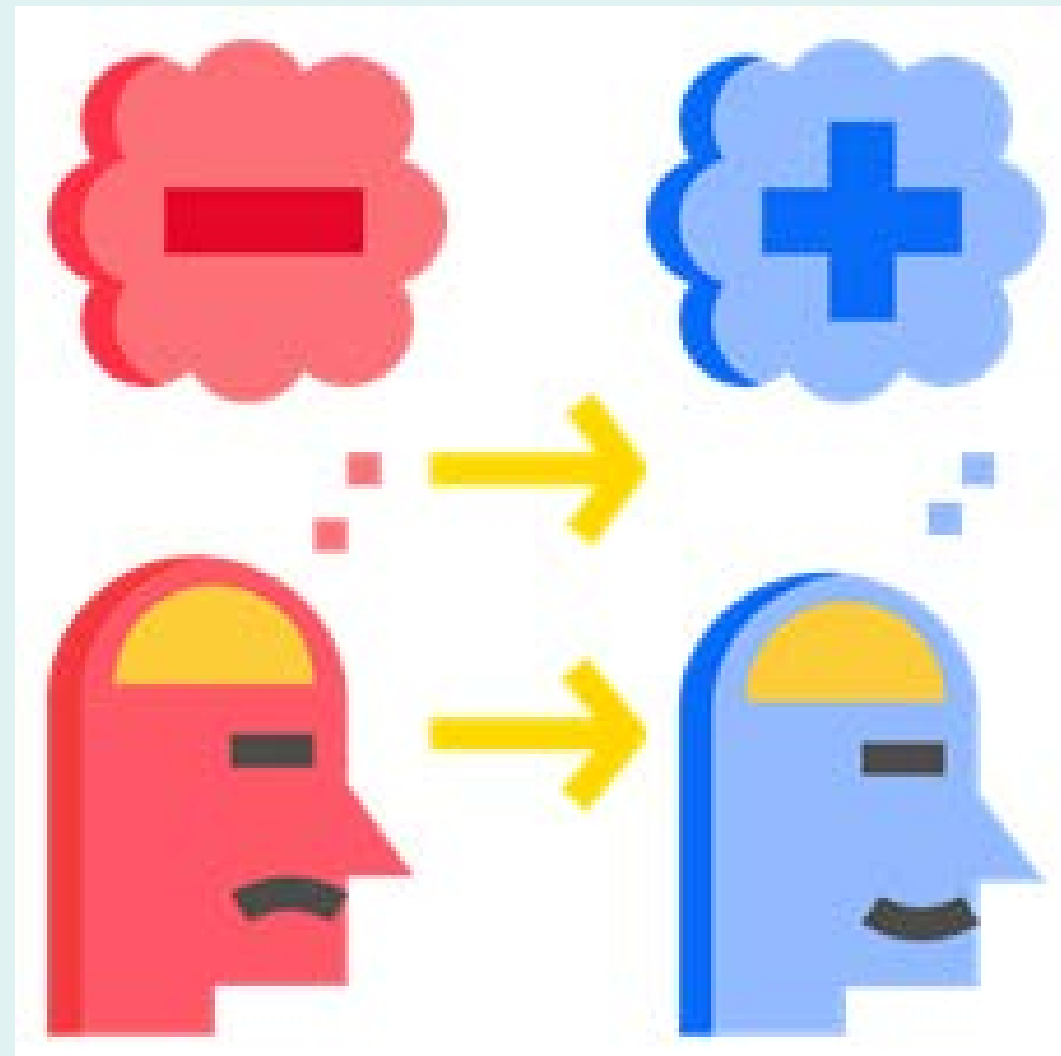
Organizational Change Consultant, Coach, Trainer and Implementation Specialist

Johanna has 20 years of experience designing, implementing and evaluating innovative programs in community-based organizations and government entities including courts, schools, probation, parole, prison, community corrections and behavioral health agencies. Some of these programs include trauma informed and community-based victim services, reentry programs, justice reinvestment programs in the community, restorative practices in schools and courts for youth and families, and specialized workforce development programs for youth, women and formerly incarcerated people. She has also designed strength-based training, coaching and implementation models to support organizations leading change initiatives and justice reform efforts. Johanna specializes in working with multiple systems to increase collective impact and tackle complicated problems. She holds a Master's degree in Educational Psychology with an emphasis on Behavior Change from the University of Colorado at Denver, a Bachelor's degree in Cultural Anthropology and Education from the University of California at Santa Cruz and is a professional coach as a member of the Motivational Interviewing Network of Trainers (MINT), a current resident for Goleman EI Emotional Intelligence Certification (EICC), Offender Workforce Development Specialist (OWDS) and Global Career Development Facilitator (GCDF).



Components of MI

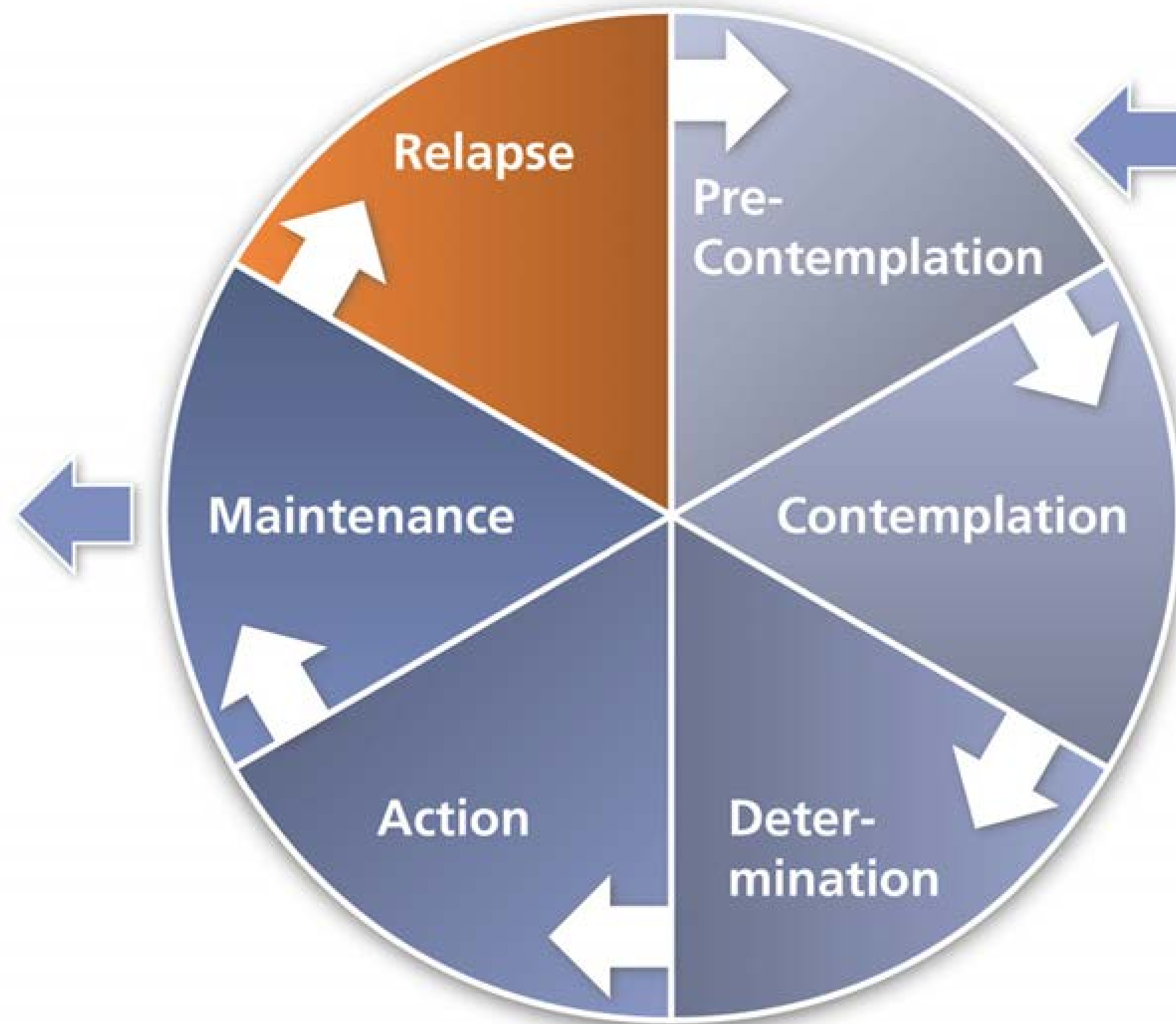
Let's talk about change..





When Is the "Right Time" For MI?

Stages of Change



Tuning Our Ear for Change

Recorded Script



Think About...

- What do you hear him say that may indicate where he is in the stages of change around drinking?
- Would you say he is in the same stage of change at the beginning and at the end of the conversation?
- (you'll be prompted to answer these questions on the next slide)



Tuning Our Ear for Change

Recorded Script



DARN-CAT

Desire
I want to...

ⓓ

Reasons
I have good reasons to...

Ⓐ

Ⓡ

Commitment
I will/I do...

Ⓝ

Ⓒ

Taking Steps
This week I started...

Ⓣ

Ability
I can/I could...

Needs
I need to...

Actuation
I'm ready to...

**Change
Talk**

Idon'tknowhow
Itwillneverwork
It'stoodifficult
I'mbeingsetuptofail
It'stoohard
I'vetriedthatbefore
Idon'tseethepoint
Idon'tneedthat
Ican'tdothis



What are his
reasons to
change?

What are his
reasons to stay
the same?

Oscar Exercise: What did you hear?

Oscar



Write down Oscar's reasons to change and reasons to stay the same.



Ambivalence

A conflict of ideas or attitudes.
It is the presence of two
opposing ideas, attitudes, or
emotions occurring at
the same time



Reflect what you want to hear more of

“I wish it were different and that I could afford everything that I need, especially to take care of my family, but it’s hard out here trying to find a job as a felon. It’s not like I’m not trying or don’t want to be working, but sometimes you do what you gotta do to get by.”



Reflect what you want to hear more of

“I wish it were different and that I could afford everything that I need, especially to take care of my family, but it’s hard out here trying to find a job as a felon.

It’s not like I’m not trying or don’t want to be working, but sometimes you do what you gotta do to get by.”

Potential reflections:

- “Taking care of your family is important to you.”
- “You’ve been trying really hard to find work.”
- “You want to be a provider for the people you love.”
- “You’re looking forward to things being different.”

Reflect what you want to hear more of

“I really don’t want to stop smoking, but I know that I should. I’ve tried before and it’s really hard.”



Would you reflect...

A- You really don’t want to quit

B- You’re not sure if you can quit

C- You’ve noticed several reasons why you feel you should quit

Reflect what you want to hear more of

“I really don’t want to stop smoking, but I know that I should. I’ve tried before and it’s really hard.”



Would you reflect...

A- You really don’t want to quit

B- You’re not sure if you can quit

C- You’ve noticed several reasons why you feel you should quit

Reflect what you want to hear more of

“I don’t want to keep getting into trouble and letting my family down, but I just don’t think I can stay clean.”





Reflect what you want to hear more of

“I don’t want to keep getting into trouble and letting my family down but I just don’t think I can stay clean.”

Potential reflections:

- “It sounds like you’re ready to make a change.”
- “You want to be there for your family.”
- “You have reasons to stay clean.”

Ask for change talk with evocative questions

- ✓ What are you hoping will change?
- ✓ What are your hopes for the future?
- ✓ What are some reasons you need to change?
- ✓ Tell me how you could make things better?
- ✓ How would your life be better if you changed?

Ask for change talk with evocative questions

- ✓ I can't keep doing this because my health is suffering.
- ✓ I want to be around to see my grandkids.

Now what to do with all that change talk?



Create a “bouquet” or summary with the client’s own change talk.

Summarize Change





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THANK YOU

