

# National Capital Region Substance Use Disorder Symposium

## Motivational Interviewing for SUD Workshop

Presented By: Maj Marc Patience & Capt Chase Aycock

Virtual Workshop via Adobe Connect

September 22, 2021

Time: 1300-1630

### Summary

Ambivalence typically underlies hesitancy about, or difficulty with, behavior change and adherence in treatment. Motivational interviewing is a counseling approach designed to help individuals to explore, reflect on, and resolve ambivalence about change. This workshop aims to teach learners about the principles of motivational interviewing, and to review and practice skills that learners can use to help their patients work through ambivalence that prevents them from taking steps toward valued goals.

### Agenda

- 1300-1330 Introduction to motivational interviewing
- 1330-1415 Keys to communication
  - o OARS
  - o Levels of reflections
  - o Reflections vs advice
- 1415-1500 Recognizing and working with ambivalence
  - o What is ambivalence
  - o Change talk vs sustain talk
  - o Eliciting and strengthening change talk
- 1500-1510 BREAK
- 1510-1600 Responding to resistance
  - o What is resistance
  - o Rolling with resistance
  - o Strategic reflections
- 1600-1630 Goal setting

### Objectives

By the end of the training, attendees will be able to:

- 1) Define and describe motivational interviewing, indications for use, goals, and similarities/differences compared with other common communication or counseling approaches
- 2) Effectively utilize open-ended questions, affirmations, reflections, and summaries in an MI-consistent way to explore ambivalence
- 3) Identify “change talk” and “sustain talk”
- 4) Utilize skills to elicit and strengthen change talk
- 5) Roll with sustain talk without confrontation or attempting to “convince”
- 6) Transition from motivational enhancement to goal setting and commitment