

Motivational Interviewing: Dance of Compassion

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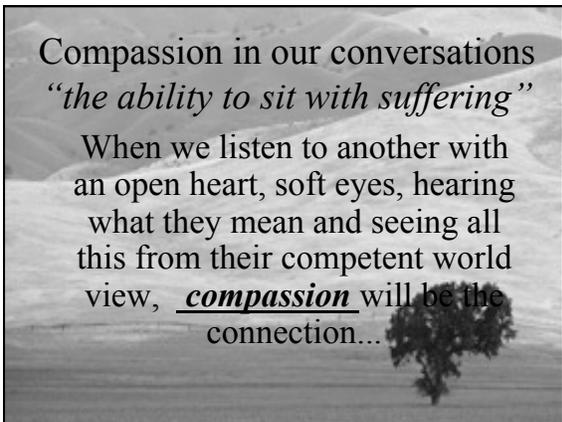
Biography

Stephen R. Andrew, LCSW, LADC, CCS, CGP

Storyteller, Trainer, Author. Chief Energizing Officer of Health Education Training Institute. Stephen is the former substance abuse counselor for a public school system, the former Executive Director of an adolescent prevention/ treatment agency, and founder of a recovery camp for adults. He is the co-founder of the Men's Resource Center of Southern Maine – the mission is to support boys, men and fathers and oppose violence. Stephen maintains a compassion-focused private practice in Portland, Maine and facilitates a variety of groups for men, co-ed, couples and caregivers. He also presents workshops internationally for health-care, criminal justice, social service agencies, substance abuse treatment agencies on motivational interviewing, adolescents and adults & addiction, dual diagnosis, men's issues and group work. Stephen with his two friends authored: *Game Plan: a Man's Guide to Emotional Fitness*. He is a member of M.I.N.T. (Motivational Interviewing Network of Trainers) since 2003. Stephen lives with his sweet wife, Hilary, and is a proud father of a eighteen year old boy, Sebastian in Portland Maine USA.

Compassion in our conversations
“the ability to sit with suffering”

When we listen to another with an open heart, soft eyes, hearing what they mean and seeing all this from their competent world view, compassion will be the connection...





The nature of the conversation is critical

What we say - and how we say it-
and **how** it lands
largely determines what the person says and what happens next...

What we say matters!

What motivated you?

Who has been a **Change Agent** in your life?

(e.g., relative, supervisor, teacher, coach, counselor, clergy person ect.)

“major positive influence ”

- What were their characteristics/values?
- What did they do?
- LETS PASS ON OUR TEACHERS..

Definition of Listening...

Presence, Interest & Curiosity...

- Focusing all of one's purpose, attention, and energy on understanding what the *student's* message *means* to the *them*..
Empathy

- Focus: What is the *student* experiencing now?
- Hearing what *community member* is NOT saying..

**-When you listen,
 -suspend assumptions.
 -Listen for understanding,
 not agreement or belief.
 -Honor silence, reflection**



Presence ...LISTEN well...



“warm” ears and “open” heart.

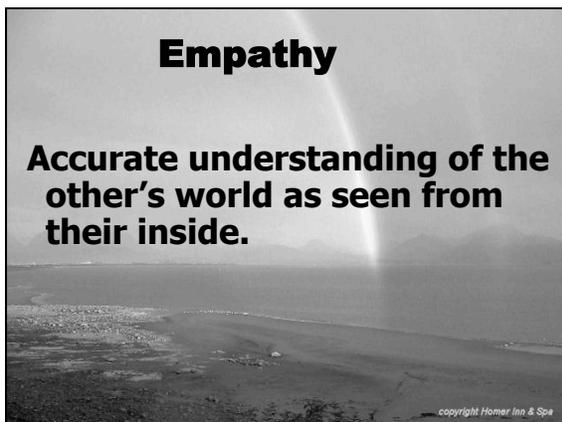


Acceptance.



“Wicked lot” of Delight.

- Silence...



Deep **Interest** in...

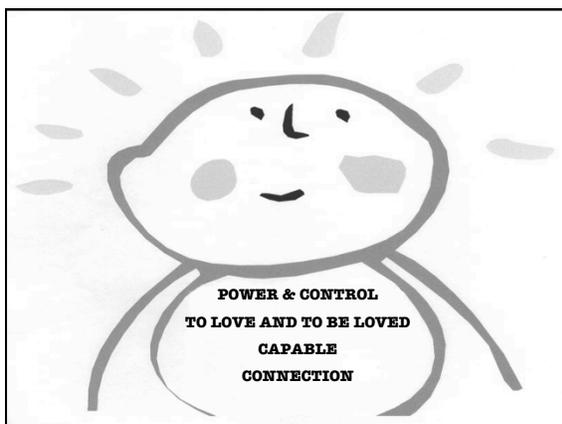
- *Warm, friendly & congruent body language.
- *Optimistic.
- *Heard & Believed.
- *Empathic Reflection "YOU ..."
- *no QUESTIONS... ???

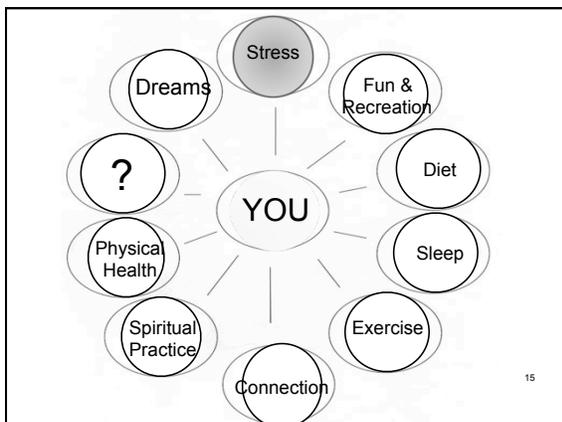
Dash of **Curiosity ???**

- ➔Empowerment...
- ➔Deeper meaning... Evocation...
- ➔Choice and Control ... Autonomy/Support...
- ➔Wisdom lies within..
- ➔Imagination...
- ➔Wonder ...
- ➔"TELL ME MORE ABOUT ...?"

Motivational Interviewing

- ★ Assumes motivation is fluid and can be positively influenced.
- ★ Motivation influenced in the context of a relationship.
- ★ Principle task – to guide conversation towards eliciting motivation for change.
- ★ Goal – to influence change *in the direction of* engagement.
- ★ **Do you believe that an older person has a self-determination?**





* Time to practice
Skills/Strategies **OARS**

- ♥ O: open-ended questions...
- ♥ A: affirm, notice their strength/courage...
listen for values/dreams...
- ♥ R: reflection, empathic, simple & complex, more reflections than questions...
- ♥ S: summarize
(the transitions & end of the session)



Evocation of an elders's own
resources...

- ★Goals
- ★Aspirations
- ★Dreams
- ★Values
- ★Concerns Unlock the genius within
- ★“ **We do not meet people where they are at ...we meet people where they dream.**”





Thank You!
One thing you liked...
One thing you relearned...
One thing you learned...
One thing you are willing to try...

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MotivationalInterviewing.org Website of Motivational Interviewing Network of Trainers (MINT)

Hetmaine.org Website of Health Education and Training Institute (HETI)
HETI is located in beautiful Portland, Maine and is run by Stephen Andrew, an incredibly effective and enjoyable trainer & a sweet 4 person MITI coding Lab...

Spirit Wind CD/Tapes Series. Stephen R. Andrew LCSW LADC CCS CGP

www.hetmaine.org

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