

	<p><b>CDP Presents A Monthly Webinar Series</b> <b>Dancing with Ambivalence in Psychotherapy: Moving between Motivational Interviewing and EBPs with Balance and Grace</b></p>
<p><b>Presenter:</b></p> <div data-bbox="711 409 857 625"></div> <p data-bbox="711 630 857 661"><b>Dr. Onna Brewer</b></p>	
<p><b>Before We Get Started in:</b></p> <div data-bbox="349 787 625 850"><h1>01:00:00</h1></div> <p data-bbox="657 703 1242 787"><b>Q &amp; A</b> – You can submit a question via the chat at any point during the presentation. Questions will be answered during or the last 10 minutes of the program. While chatting, please make sure to select “All Panelists and Attendees” in chat so all can see your comments and questions!</p> <p data-bbox="657 808 1242 850"><b>Resources</b> – You can find a PDF of the presentation and additional resources in your CE21 account page.</p> <p data-bbox="657 861 1242 892"><b>Dial In for Audio (only if having audio problems)</b> Stay Logged In! Dial 646-876-9923 Meeting # 950 8163 9358</p> <p data-bbox="657 903 1242 924"><b>Help</b> – for assistance, please e-mail Micah Norgard at micah.norgard.ctr@usuhs.edu</p>	

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**Dancing with Ambivalence in Psychotherapy: Moving between Motivational Interviewing and EBPs with Balance and Grace**

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**Dancing with Ambivalence in Psychotherapy: Moving between Motivational Interviewing and EBPs with Balance and Grace**

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Training was innovative, relevant and useful for the work that I do.

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	<p><b>CDP Presents A Monthly Webinar Series</b></p> <p><b>Dancing with Ambivalence in Psychotherapy: Moving between Motivational Interviewing and EBPs with Balance and Grace</b></p>
<p><b>Presenter:</b></p> <div style="text-align: center; margin: 20px 0;">  </div> <p style="text-align: center;"><b>Onna R. Brewer, Ph.D.</b>          Licensed Psychologist and Private Practice Owner          Brewer Behavioral Health, LLC          Member of MINT</p>	

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# Disclosures

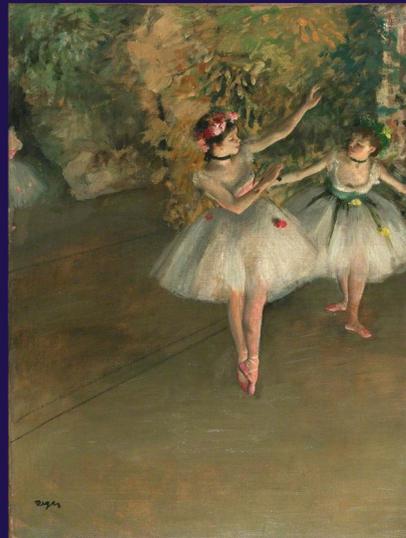
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Dr. Back has no financial interests to disclose.

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## Dancing with Ambivalence in Psychotherapy: Moving between Motivational Interviewing and EBPs with Balance and Grace

Onna Brewer, PhD  
Licensed Psychologist  
Member of MINT



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## Overview

- Rationale for moving between MI and EBPs
- MI & Ambivalence
- Spirit & Core Skills of MI
- The Four Processes of MI
- Deconstructing “Resistance”
- Practice samples
- Growing in MI proficiency
- Q&A

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## Learning Objectives

By the end of this webinar, I am confident participants will:

1. Be able to recognize the essential Spirit and core skills of Motivational Interviewing and how they can be integrated gracefully within other EBP approaches.
2. Understand how MI works to address ambivalence about behavior change, support a strong therapeutic relationship, and promote engagement in EBPs.



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## Moving between Motivational Interviewing and EBPs

“Integrating MI with other approaches...doing so makes more sense to us than regarding MI as an alternative stand-alone treatment to compete with other approaches.”

Miller & Rollnick (2013)



Bill Miller, PhD



Stephen Rollnick, PhD

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Psychotherapy applications of MI within, or as a prelude to, EBPs



Addictions/SUD  
 Anxiety Disorders  
 Borderline Personality Disorder  
 Depression  
 Eating Disorders  
 Gambling  
 Insomnia  
 IPV  
 OCD  
 PTSD  
 Smoking cessation  
 Suicidal ideation

Motivational Interviewing may be applicable in nearly any helping relationship when talking with people about behaviors they have the capacity to change, intentionally and for their own wellbeing.

Arkowitz, Miller & Rollnick (2017)

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Psychotherapy applications of MI within, or as a prelude to, EBPs



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 Depression  
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 Smoking cessation  
 Suicidal ideation

Considerations for integrating MI with other EBPs:

- Severity and capacity
- Readiness for change
- Time management
- Conceptual fit

Arkowitz, Miller & Rollnick (2017)

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### Ambivalence

With MI, we recognize that ambivalence is a normal and natural aspect in the process of behavior change.

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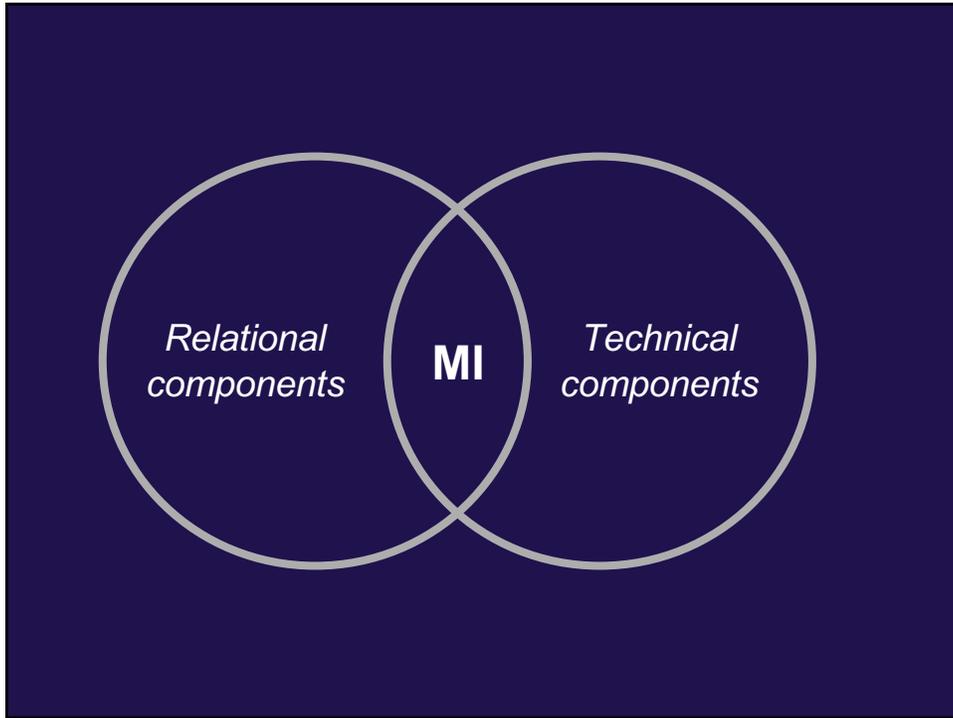
### MI requires attention to the language of change

**Sustain talk:** Self-expressed speech that favors things staying the same.

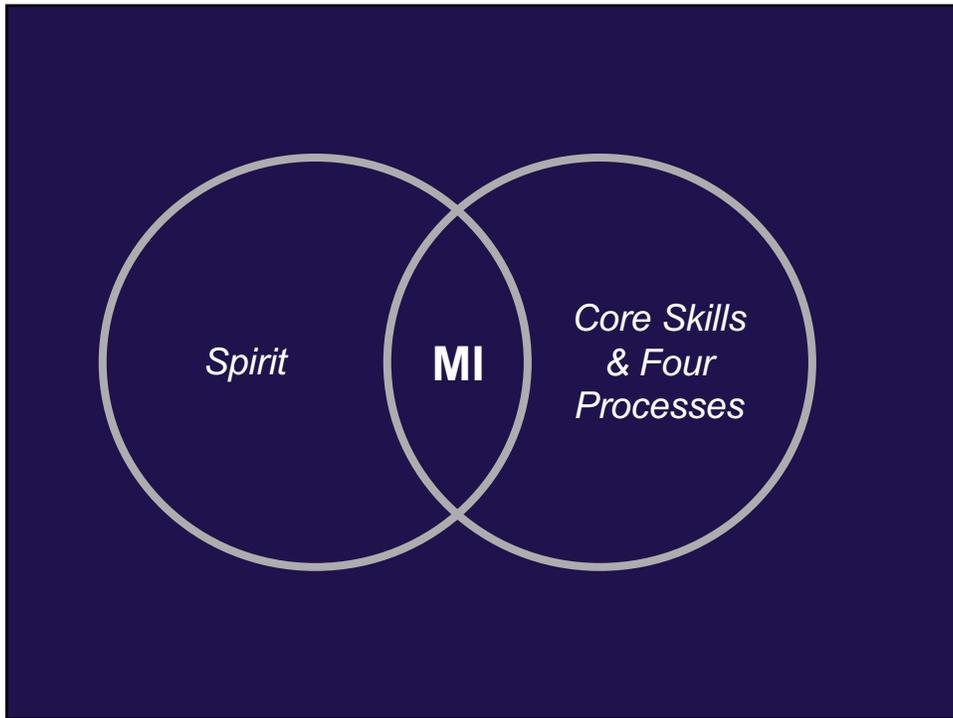
**Change talk:** Self-expressed speech that favors movement in the direction of a specific behavior change.



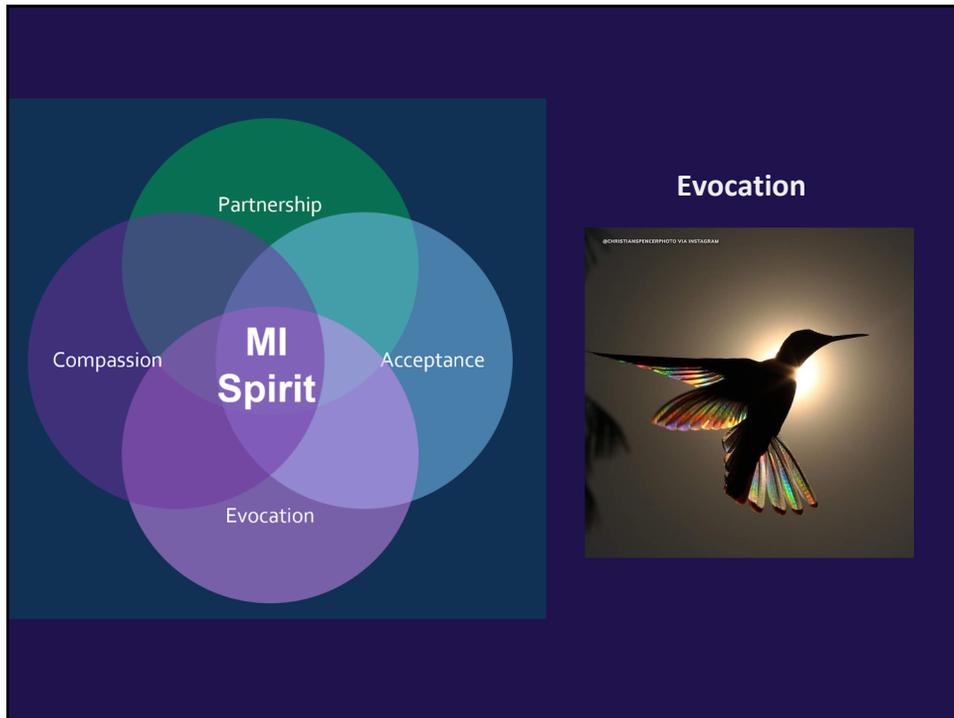
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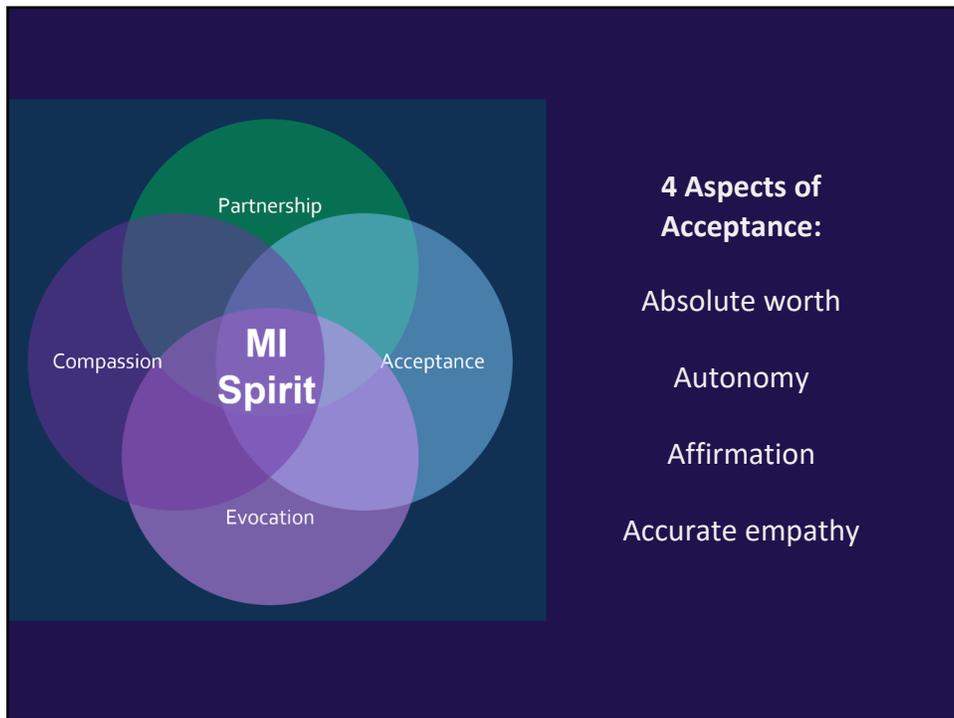


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The slide features a Venn diagram on the left with four overlapping circles labeled Partnership (top, green), Compassion (left, purple), Evocation (bottom, light purple), and Acceptance (right, blue). The central intersection of all four circles is labeled "MI Spirit". To the right of the diagram is a photograph of a hummingbird in flight, silhouetted against a bright light source, with its wings showing iridescent colors. Above the photo is the word "Evocation".

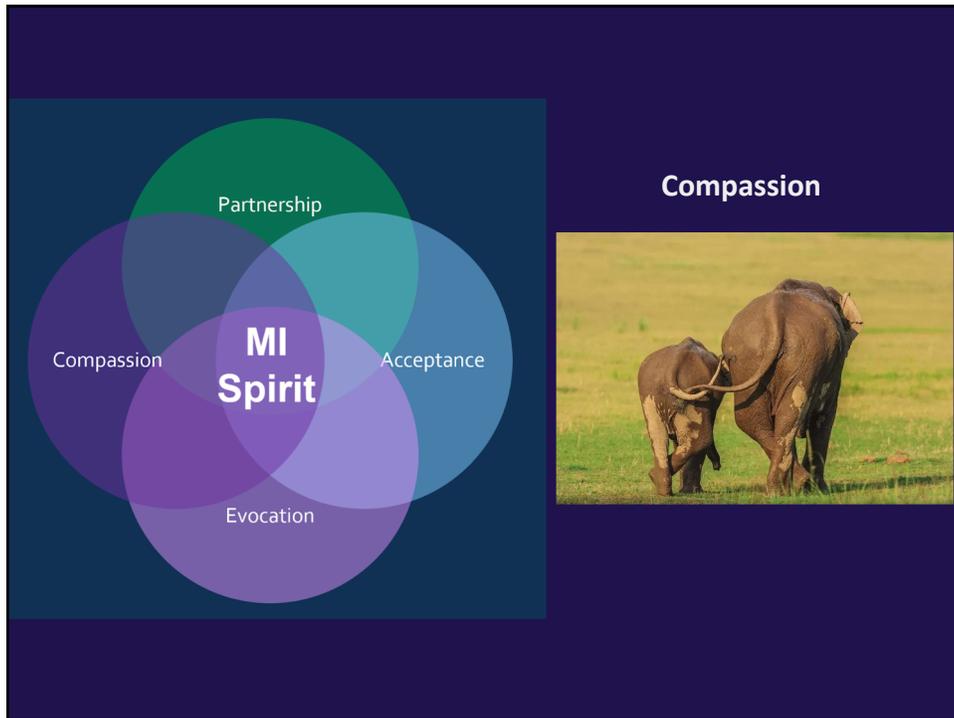
21



The slide features the same Venn diagram as slide 21 on the left. To the right of the diagram is a list of four aspects of acceptance:

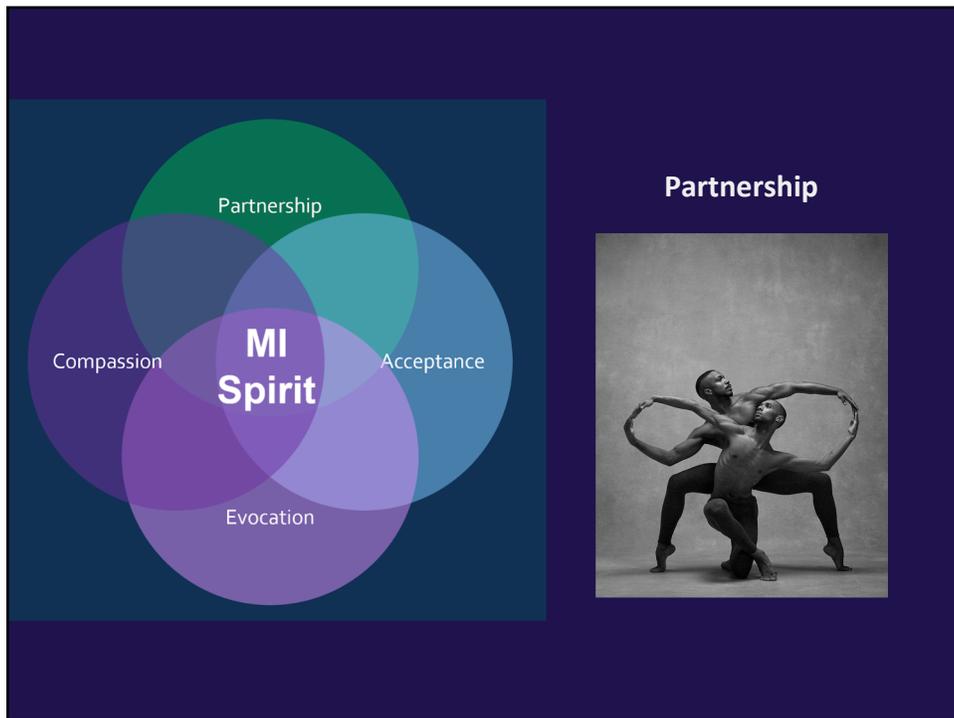
- 4 Aspects of Acceptance:**
- Absolute worth
- Autonomy
- Affirmation
- Accurate empathy

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The slide features a Venn diagram on the left with four overlapping circles labeled Partnership (top, green), Compassion (left, purple), Acceptance (right, blue), and Evocation (bottom, purple). The central intersection of all four circles is labeled "MI Spirit". To the right, the word "Compassion" is written in white text above a photograph of a brown cow and its calf in a grassy field.

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The slide features a Venn diagram on the left, identical to the one on slide 23, with four overlapping circles labeled Partnership (top, green), Compassion (left, purple), Acceptance (right, blue), and Evocation (bottom, purple). The central intersection of all four circles is labeled "MI Spirit". To the right, the word "Partnership" is written in white text above a black and white photograph of two acrobats in a dynamic pose.

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### Core Technical Skills of MI: The OARS+I

- Open questions
- Affirmations
- Reflections
- Summaries
- +
- Information Exchange



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### The Four Processes in MI



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## Deconstructing “Resistance”

*SUSTAIN  
TALK*



*DISCORD*

“Sustain Talk is about the target behavior or change.  
Discord is about your relationship with the client.”

- Miller and Rollnick (2013)

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## Engaging

Client: “I’ve had doctors and therapists who I could tell had just given up on Veterans. One straight-up told me I wasn’t ever going to get better.”

*SUSTAIN  
TALK*

*or*

*DISCORD*

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## Discord Signals?



Defensiveness  
 Arguing  
 Challenging  
 Discounting  
 Hostility  
 Interrupting  
 Talking over  
 Ignoring  
 Inattention  
 Changing the subject

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## Dancing with Discord

### Staying in the Spirit of MI

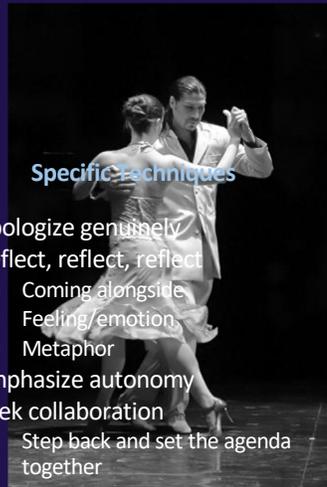
Give it ample, compassionate attention.

Unstick *yourself* from it and then repair the partnership.

Stay curious about the person's *whole* experience.

### Specific Techniques

- Apologize genuinely
- Reflect, reflect, reflect
  - Coming alongside
  - Feeling/emotion
  - Metaphor
- Emphasize autonomy
- Seek collaboration
  - Step back and set the agenda together



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## Engaging

Client: "I've had doctors and therapists who I could tell had just given up on Veterans. One straight-up told me I wasn't ever going to get better."

Sample MI response: "If you were to choose to work with me—which is completely your choice—it sounds like you'd want to know that you're being cared for by someone who has hope that things can get better for you."

*Emphasizing Autonomy and Complex Reflection*

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## Focusing

Client: "I know you want us to start the therapy you've been telling me about, but I've got some hard things going on with my family right now. Can we just talk about that for a few minutes?"

**SUSTAIN**      *or*      **DISCORD**  
**TALK**

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## Focusing

Client: "I know you want us to start the therapy you've been telling me about, but I've got some hard things going on with my family right now. Can we just talk about that for a few minutes?"

Sample MI response: "I'm sorry that I took the lead and jumped in before checking in with where you are today. This is your time, and my hope is that we can work together on *all* of the goals you have, family included."

*Genuine Apology, Emphasizing Autonomy and Seeking Collaboration*

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## Evoking

Client: "I want to get better, and I know the trauma work is important, but these worksheets were really hard for me, and honestly I'm not sure I can do this."

*SUSTAIN*                      *or*                      *DISCORD*  
*TALK*

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## Softening Sustain Talk

### Staying in the Spirit of MI

Pay only as much attention as it needs.

Unstick *yourself* from it and then “sidestep” it.

Rescue any change talk, and offer hope without cheerleading or pushing.

### Specific Techniques

- Reflect, reflect, reflect
  - Coming alongside
  - Agree with a twist
  - Double-sided
- Emphasize autonomy
- Affirmations
- Shift focus if needed



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## Evoking

Client: “I want to get better, and I know the trauma work is important, but these worksheets were really hard for me, and honestly I’m not sure I can do this.”

“Part of you is doubting yourself right now, and at the same time you feel connected to how important this work is to you...Perhaps it’s what helped you show up today even when it’s hard.”

*Double-sided Reflection and Affirmation*

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## Planning

Client: "I would like to take time to sit down for daily mindfulness practice, but between the chaos at my house and inside my head so much of the time, I don't think it's realistic."

*SUSTAIN*                      *or*                      *DISCORD*  
*TALK*

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## Planning

Client: "I would like to take time to sit down for daily mindfulness practice, but between the chaos at my house and inside my head so much of the time, I don't think it's realistic."

"You'd like to find *workable* ways to cultivate mindful awareness each day."

*Complex Reflection*

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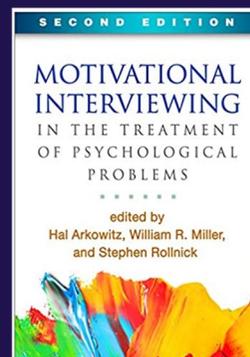
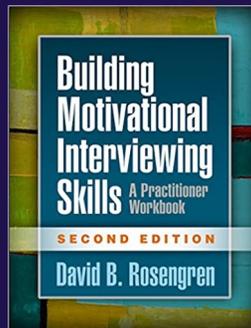
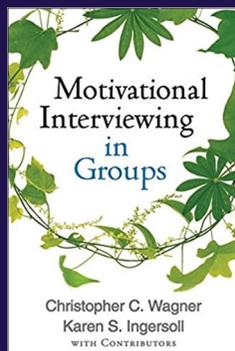
## The 9 Tasks of Learning Motivational Interviewing

1. Embracing and conveying the Spirit of MI
2. Understanding and working the Four Processes
3. Using and being intentional with OARS+I
4. Recognizing & reinforcing Change Talk
5. Eliciting & strengthening Change Talk
6. Dancing with and moving past Sustain Talk & discord
7. Developing and revising a change plan
8. Consolidating and re-engaging client commitment
9. Shifting into and out of MI and other approaches

Miller & Moyers (2006); Rosengren (2017)

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## Additional Resources for Learning

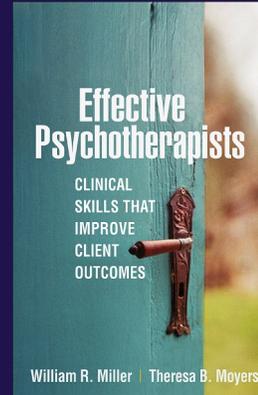


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“If therapist factors contribute more to outcome than do the specific treatment procedures being used...”

Eight therapeutic skills of more effective therapists:

- Accurate empathy
- Acceptance
- Positive regard
- Genuineness
- Focus
- Hope and expectation
- Evoking
- Offering information and advice



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## References

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## Next Steps

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