

	<p>CDP Presents A Monthly Webinar Series</p> <p>Dancing with Ambivalence in Psychotherapy: Moving between Motivational Interviewing and EBPs with Balance and Grace</p>
<p>Presenter:</p> <div data-bbox="711 409 857 625" data-label="Image">  </div> <p>Dr. Onna Brewer</p>	
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Dancing with Ambivalence in Psychotherapy: Moving between Motivational Interviewing and EBPs with Balance and Grace

Upcoming Training Events:

CDP Presents: Dyadic interventions: Involving significant others in suicide prevention	September 22 nd
CDP Presents: Debunking Common Misperceptions about Sleep Interventions	November 9 th
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Online Motivational Interviewing Skills via Zoom	September 8 th – 9 th

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

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We have you covered!
Check out last month's series:

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

High quality, information-rich, concise, and helpful training - thank you!



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

Presenter:



Onna R. Brewer, Ph.D.
Licensed Psychologist and Private Practice Owner
Brewer Behavioral Health, LLC
Member of MINT

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Disclosures

All faculty, course directors, planning committee, content reviewers and others involved in content development are required to disclose any financial relationships with commercial interests. Any potential conflicts were resolved during the content review, prior to the beginning of the activity.

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



Addictions/SUD
Anxiety Disorders
Borderline Personality Disorder
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Eating Disorders
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Insomnia
IPV
OCD
PTSD
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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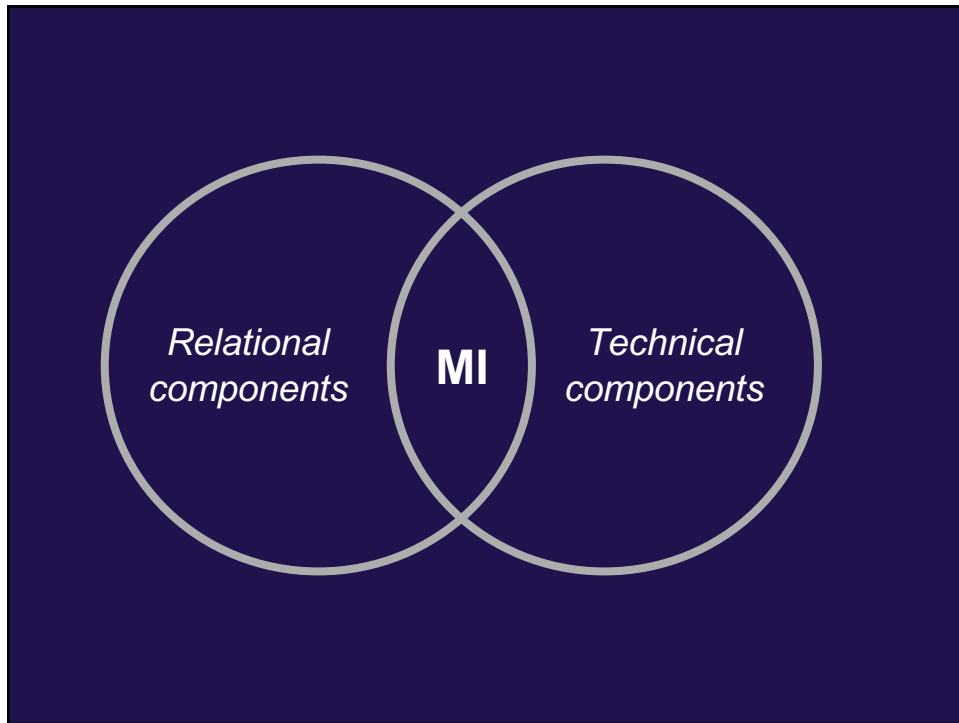
MI requires attention to the language of change

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

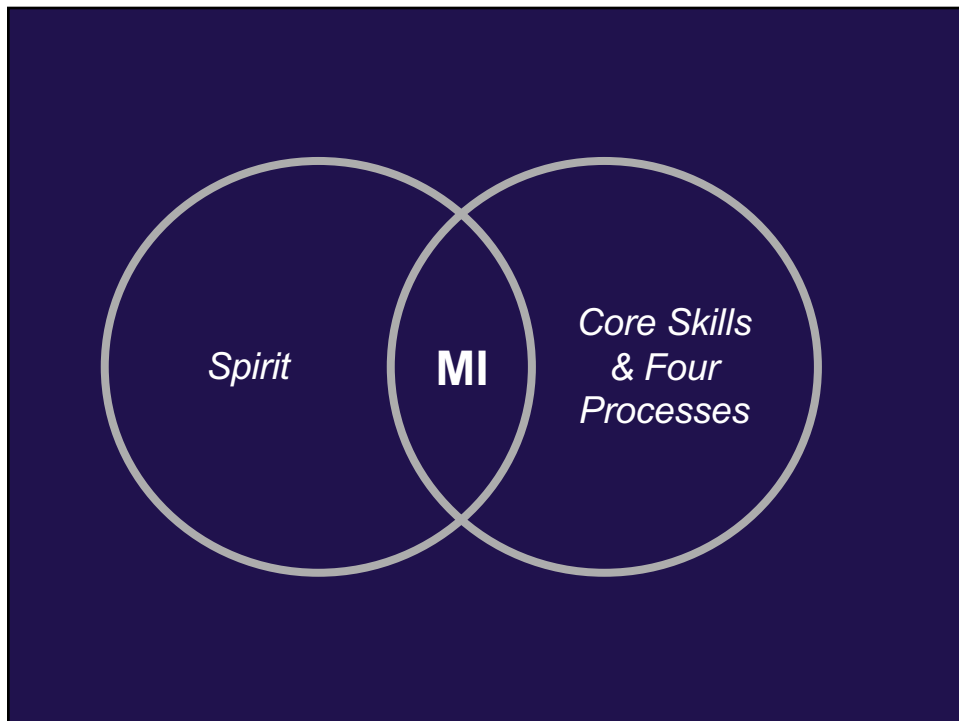
Change talk: Self-expressed speech that favors movement in the direction of a specific behavior change.



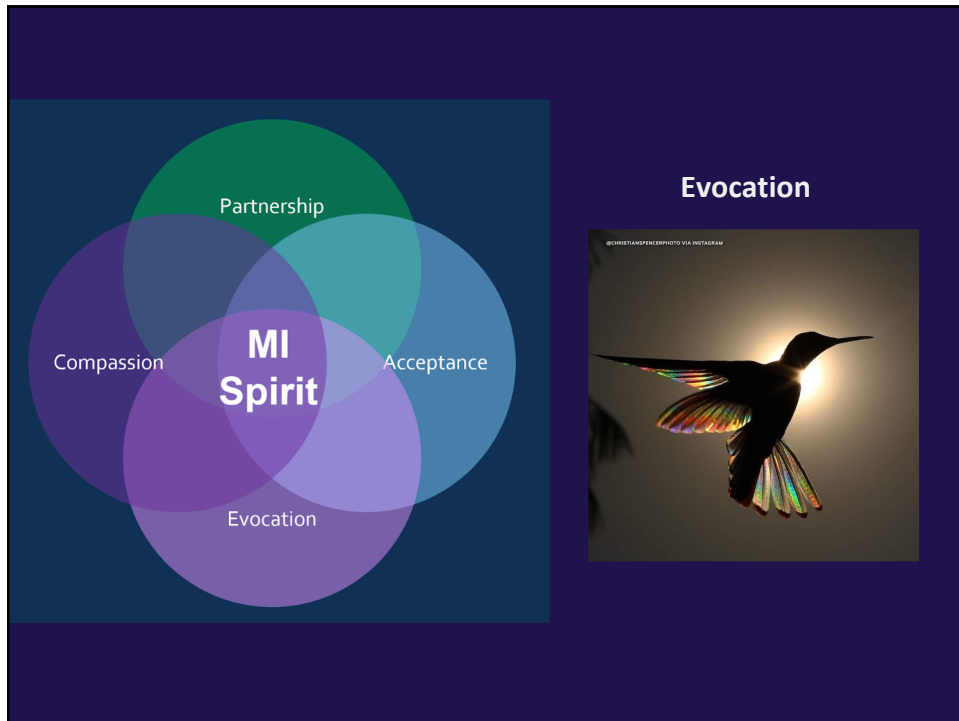
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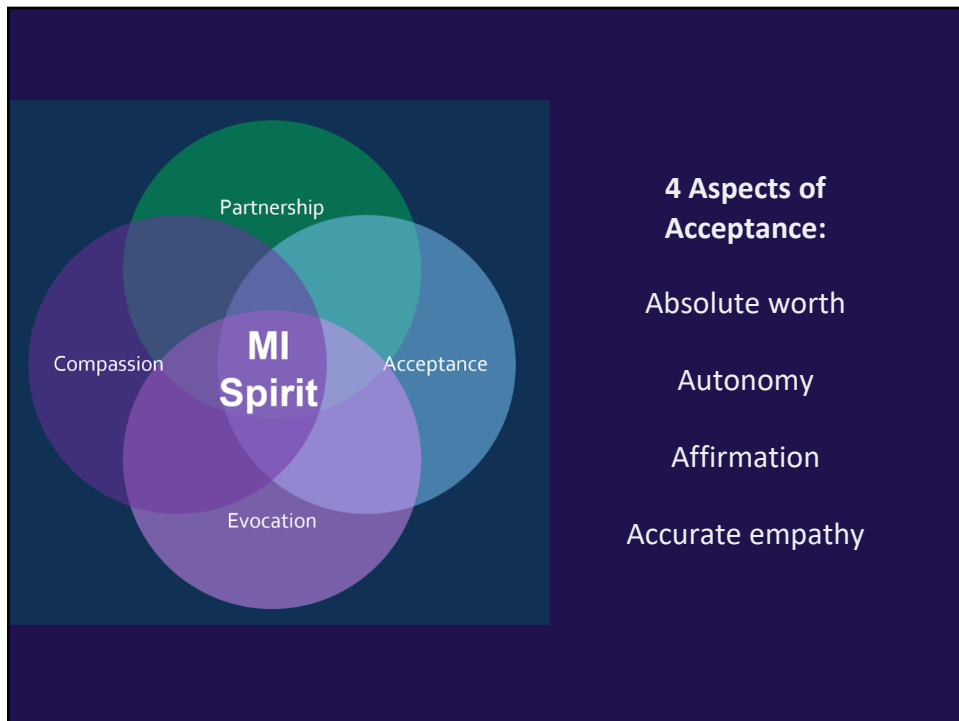


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The slide features a Venn diagram on the left with four overlapping circles labeled Partnership (green), Compassion (purple), Acceptance (blue), and Evocation (light purple). The central intersection of all four circles is labeled **MI Spirit**. To the right, the word **Evocation** is written in white. Below the text is a photograph of a hummingbird in flight, its wings showing iridescent colors, with a bright light source behind it creating a silhouette effect. A small Instagram credit is visible in the top left corner of the photo.

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The slide features the same Venn diagram as slide 21, with the central intersection labeled **MI Spirit**. To the right, the text **4 Aspects of Acceptance:** is displayed in white, followed by a list of four aspects: Absolute worth, Autonomy, Affirmation, and Accurate empathy.

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Partnership

Compassion

Acceptance

MI Spirit

Evocation

Compassion

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Partnership

Compassion

Acceptance

MI Spirit

Evocation

Partnership

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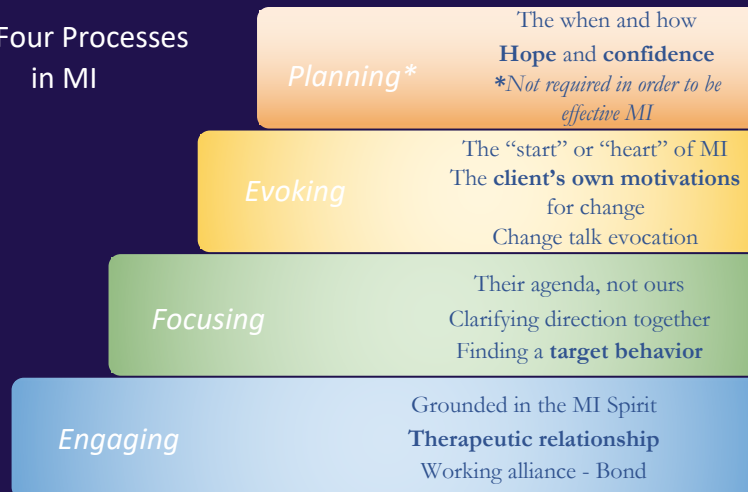
Core Technical Skills of MI: The OARS+I

- 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

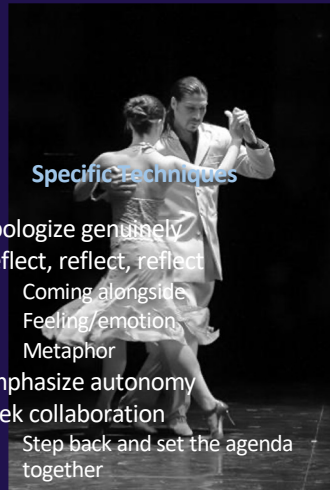
Give it ample, compassionate attention.

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
TALK *or* *DISCORD*

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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
TALK *or* *DISCORD*

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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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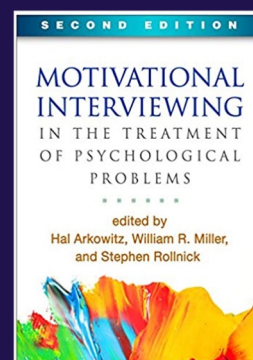
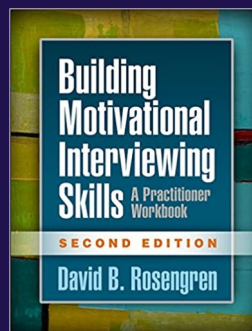
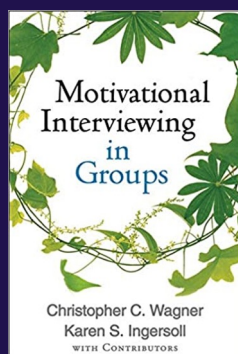
The 9 Tasks of Learning Motivational Interviewing

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

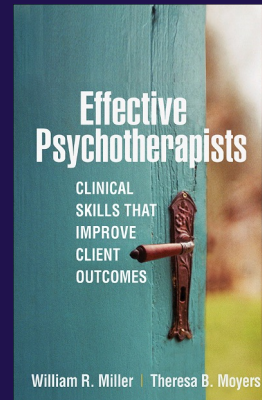


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“If therapist factors contribute more to outcome than do the specific treatment procedures being used...”

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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Your questions and
feedback are greatly
appreciated!

Onna Brewer, PhD
Licensed Psychologist
Brewer Behavioral Health, LLC
doctorb@brewerbehavioralhealth.com
www.brewerbehavioralhealth.com

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Next Steps




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