

USING MOTIVATIONAL INTERVIEWING SKILLS WITH PARENTS AND FAMILIES



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Overview

- Parenting Dilemma exploration
- Motivational Interviewing spirit elements
- Communication tips from Motivational Interviewing

Introductions



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Challenges



What are the most common challenges that you hear from the parents you work with?



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**What makes it important
to address these
challenges?**



What is Motivational Interviewing (MI)?

MI is a positive communication style and way of interacting with others based on the following principles:

- A strong sense of team with the other person
- Demonstrating non-judgement and respect for another's thoughts, feelings and perspectives.
- Seeing and believing in another's strengths and positive resources
- A genuine and strong desire to help others
- Respecting and understanding another's basic need to make their own choices.



When using MI as a parent or care-giver, there are a few things that can be helpful to remember.

Talk less,
listen more

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Encourage parents to
take care of
themselves

**MI's spirit and respectful strategies
are powerful tools to help you
support parents and care-givers in
conversations. Here are some of
our favourites that can be helpful.**



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Express Empathy

Really try to
understand the
other's perspective



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How do you encourage parents to express empathy in their parenting or care-giving conversations?

- Show genuine interest in the other's perspective
So, please walk me through your thought process, step by step.
- Exploring the other's perspective by asking open questions
What happened?
What benefits and risks do you see?
- Show appreciation for the other's situation or perspective
Thank you for coming to me right away.
That must have been really scary for you.

How do we express empathy in our parenting or care-giving conversations?

- Highlight and affirm strengths, efforts, positive intentions

You took responsibility for that fire right away.

You really want what is best for you!

- Reflect - Don't react!

Reflections (or mini-summaries) are extremely useful when trying to understand another person's words or actions and when helping the other person understand themselves.



EXPLORE OFFER EXPLORE

EOE is a 3-step framework used to listen to a another person's perspective, respectfully deliver your message so the other person internalizes it and check how you message was perceived by them.



EXPLORE - OFFER - EXPLORE (EOE)

EXPLORE

First explore what the person already knows about “what you want to say” (This is your message). In this step, you show respect for, and interest in, the person's thoughts, opinions, and perspectives BEFORE you start sharing your perspective.

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OFFER

Deliver, or offer, “what you want to say” (your message) in a respectful way. Step 2 begins with you first asking permission followed by expressing “what you want to say” (your message).

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OFFER

Deliver, or offer, “what you want to say” (your message) in a respectful way. Step 2 begins with you first asking permission followed by expressing “what you want to say” (your message).

EXPLORE

Lastly, explore how “what you said” (your message) was perceived by the person. In this step, you are interested in getting feedback about “what you said” (your message),



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Foundations in Motivational Interviewing

Hybrid course



OPEN ENROLLMENT



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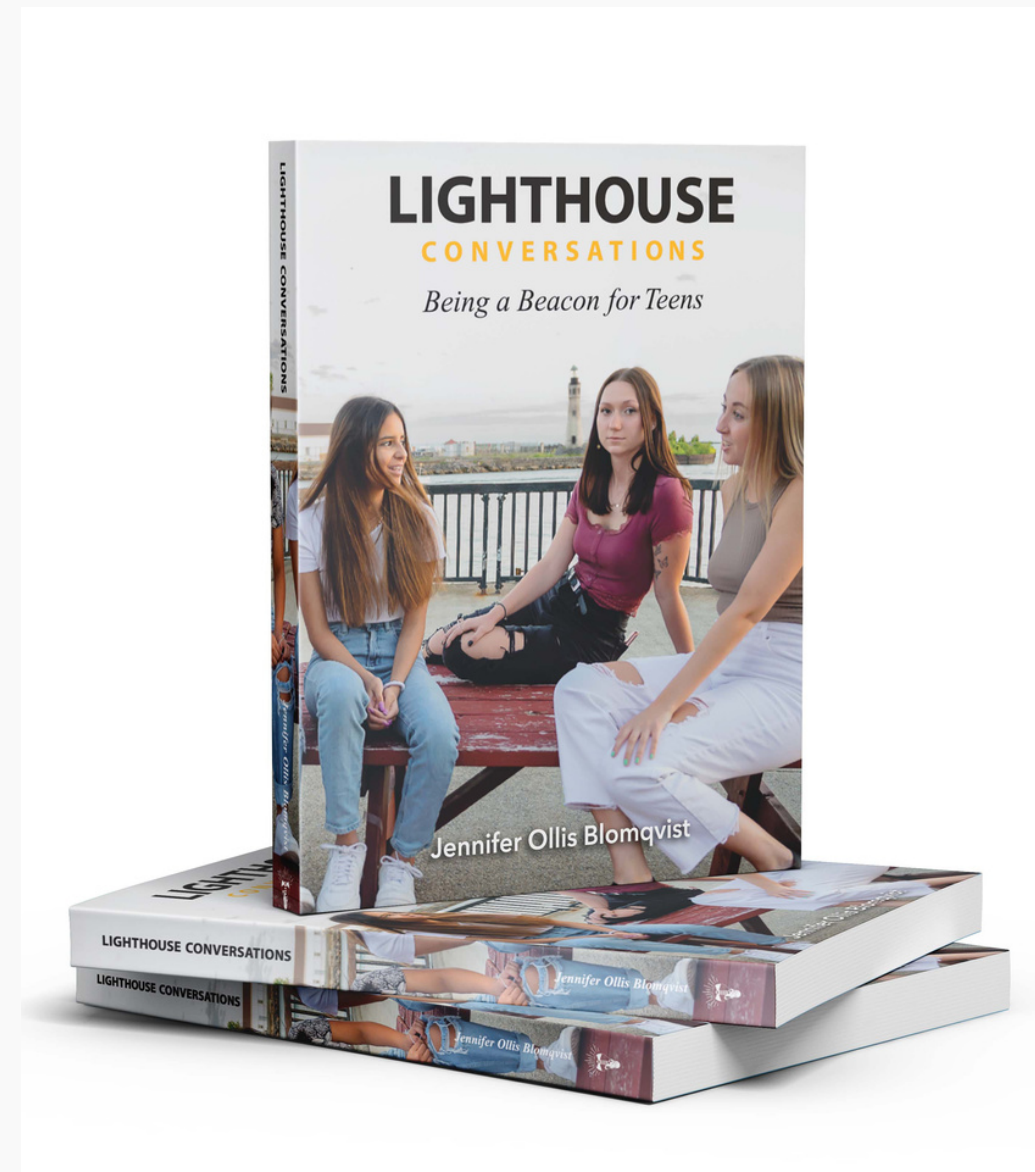


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AMAZON



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Join our private Facebook, group where we post regular videos, tips and resources on MI. Group is called Motivational Interviewing Rockstars!

Connect with me on LinkedIn: Hillary Bolter

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YouTube Channel: MI Center for Change



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