

**GROUPS THAT WELCOME AND ENGAGE**

Integrating Motivational Interviewing into Effective Group Facilitation

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**OBJECTIVES**

By attending this webinar, participants will be able to:

1. Identify phases of group development
2. Explain methods for helping clients to stay on task in group
3. Determine how best to start the change process
4. Describe motivational interviewing's use in structuring group therapy

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**GROUP THERAPEUTIC FACTORS**  
(YALOM, 2020)

1. Installation of hope
2. Universality
3. Imparting of information
4. Altruism
5. The corrective recapitulation of the primary family group
6. Development of socializing techniques
7. Imitative behavior
8. Interpersonal learning
9. Group Cohesiveness
10. Catharsis
11. Existential Factors

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**THE "SPIRIT"  
OF  
MOTIVATIONAL  
INTERVIEWING**



(Miller & Rollnick, 2013, 2023)

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**FACILITATING MI GROUPS**

MI Spirit in the  
Group Process

- Focus on positives
- Bring group members into the moment
- Explore perspectives and focus on the present
- Hear complaints but do not elicit grievances
- Broaden perspectives and focus on the future

(WAGNER & INGERSOLL, 2013)

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**FACILITATING MI GROUPS**

- Reflect and explore a positive focus on desires, needs, plans and self
- Support self-efficacy
- Counteract any negative reactions before session

MI Spirit in the  
Group Process

(WAGNER & INGERSOLL, 2013)

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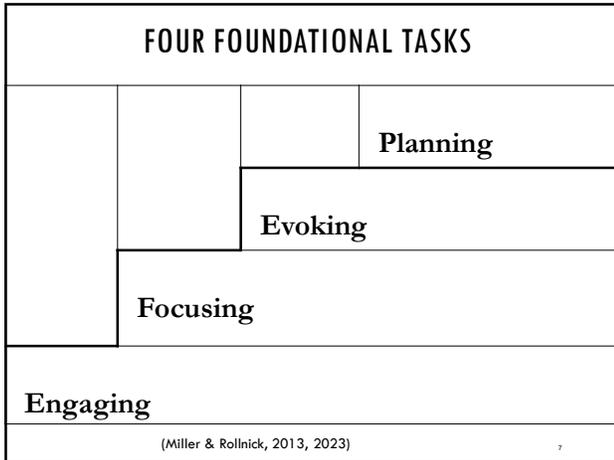
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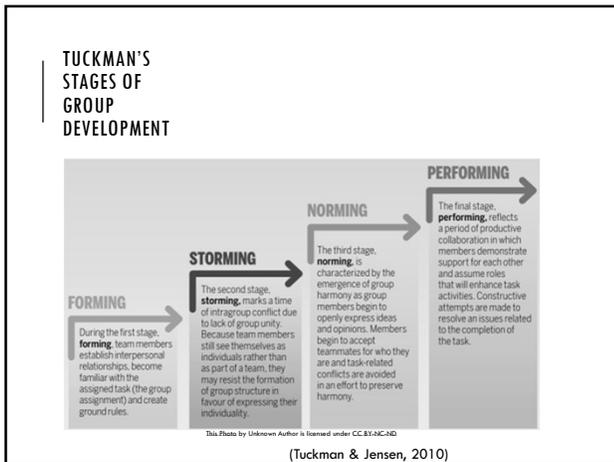
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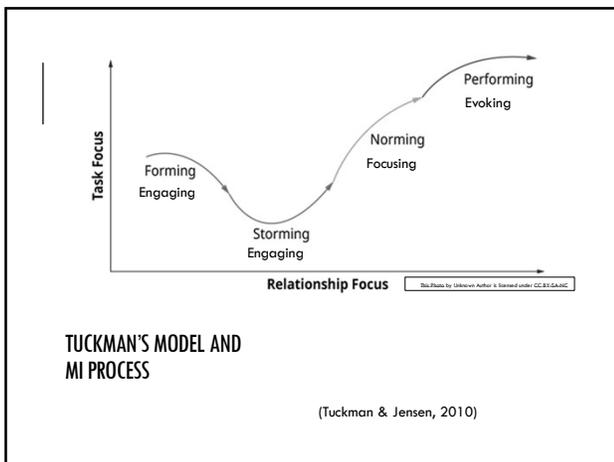
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**ENGAGING**

It's not about the immediate outcome but developing a safe and supportive environment so people will engage

Opening the Start with "OPEN"

Motivational Interviewing

Group

- Overview of the group's purpose
- Personal choices and autonomy are emphasized
- Environment is one of respect and encouragement
- Non-confrontational

(Wagner & Ingersoll, 2013, p. 169)

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**ENGAGING**

**Decontamination of the referral process**



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- Establish a positive environment and deal with issues regarding referral as they come up
- Proactive – acknowledge the referral, be transparent, examine limits of confidentiality
- Clarify your role

(Wagner & Ingersoll, 2013, p. 169)

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**ENGAGING**

Group guidelines – Ensures safety

- Confidentiality
- Respect
- Turn-taking

Identify an initial goal – moving from engaging to focusing

(Wagner & Ingersoll, 2013, pp. 170-1)

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### FOCUSING

Group leaders facilitate conversations that focus individuals and move them toward change.

- Establish a topical focus
- Eliciting discussion
- Linking members and facilitating their communication with each other

(Wagner & Ingersoll, 2013, p. 121)

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### FOCUSING

- Holding the focus on a topic and preventing unhelpful shifting off topic
- Guiding conversation to move forward at productive pace
- Guide group to slow down and consider certain issues more carefully
- Guide members to broaden or narrow their focus

(Wagner & Ingersoll, 2013, p. 122)

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### FOCUSING



- Inviting members to go deeper into feelings, values or themes
- Helping return to the surface or lighten the mood
- Closing the conversation

(Wagner & Ingersoll, 2013, p. 121)

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## BASIC CONVERSATIONAL SHAPING

Aims	When Most Appropriate	Conversational Methods
Establishing, developing and holding focus	<ul style="list-style-type: none"> <li>• During initial session</li> <li>• Opening additional sessions</li> <li>• When conversation is productive</li> </ul>	<ul style="list-style-type: none"> <li>• Introductory, framing</li> <li>• Evocative, open questions</li> <li>• Simple reflections</li> <li>• Emphasizing personal control</li> </ul>
Changing focus	<ul style="list-style-type: none"> <li>• When members focus on unproductive stories, details or concepts</li> </ul>	<ul style="list-style-type: none"> <li>• Transitional summary</li> <li>• Shifting focus</li> <li>• Amplified reflection</li> <li>• Agreement with a twist</li> </ul>

(Wagner & Ingersoll, 2013, p. 123)

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## ADVANCED CONVERSATIONAL SHAPING

Aims	When Most Appropriate	Conversational Methods
Accelerating	<ul style="list-style-type: none"> <li>• After initial exploration of perspectives</li> <li>• When members focus on the past or don't get to linking values/attitudes to choices/behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Continue the paragraph</li> <li>• Affirmations</li> <li>• Group brainstorming or change</li> <li>• Transitional summary</li> <li>• Shifting focus</li> <li>• Amplified reflection</li> <li>• Agreement with a twist</li> </ul>
Decelerating	<ul style="list-style-type: none"> <li>• When members skip or race through difficult issues</li> <li>• When members seem to have overconfidence about complex, risky change.</li> </ul>	<ul style="list-style-type: none"> <li>• Suggest slowing down</li> <li>• Exploring a related secondary theme</li> <li>• Written exercise/small group</li> <li>• Use linking reflections</li> <li>• Explore obstacles and solutions</li> </ul>

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## EVOKING



How to elicit discussion

- Ask the group
- “Anyone else” – use visual contact to continue engagement
- Pairs – break into smaller groups
- Rounds – Invite vs. expect
- Visual Aids

(Wagner & Ingersoll, 2013, p.127)

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### PLANNING

Groups can be used for some aspects of planning and in fact, group members can have positive influence on each other.

Also, be advised without some aspect of focus, negative leaders can take hold and that might frustrate individuals' planning processes.

(Wagner & Ingersoll, 2013)

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### OVERLAP: "8 ESSENTIAL HELPER QUALITIES"

- Accurate Empathy
- Positive Regard (respect, benevolence, affirmation)
- Genuineness (congruence, authenticity, presence)
- Acceptance
- Focus
- Hope
- Evocation
- Exchanging Information or Offering Advice in a collaborative and autonomy supportive way

(Miller & Moyers, 2021)

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### IDEAS TO PROMOTE CHANGE AND GROWTH IN GROUPS

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## IDEAS FOR STRUCTURE TO PROMOTE PARTICIPATION

- **Stages of change share** – explain each of the stages of change and have everyone share something they have changed and something they are wondering about changing
  - Models change and allows for conversation regarding how change occurs
- **Gratitude listing** – group members choose something that is challenging for them, and then practice taking another perspective about the situation that aligns with their values
  - Ex: "I hate the traffic I drive through when I go to work in the morning. Gratitude: I am grateful to have work and a car to drive."

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## IDEAS FOR STRUCTURE TO PROMOTE PARTICIPATION

- **Strength Spotting** – Group members identify strengths in others as well as themselves
  - Helps build positivity in group and can build confidence that supports self efficacy
- **Shifting Attentional Focus** – At any stage in the group discussion, finding ways to focus on the present moment, such as using five senses (Linehan, 2015) or Dropping Anchor (Harris, 2019)
  - Helps train group attendees to intentionally come into the present moment. Builds ability to self-regulate through present-moment participation

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