

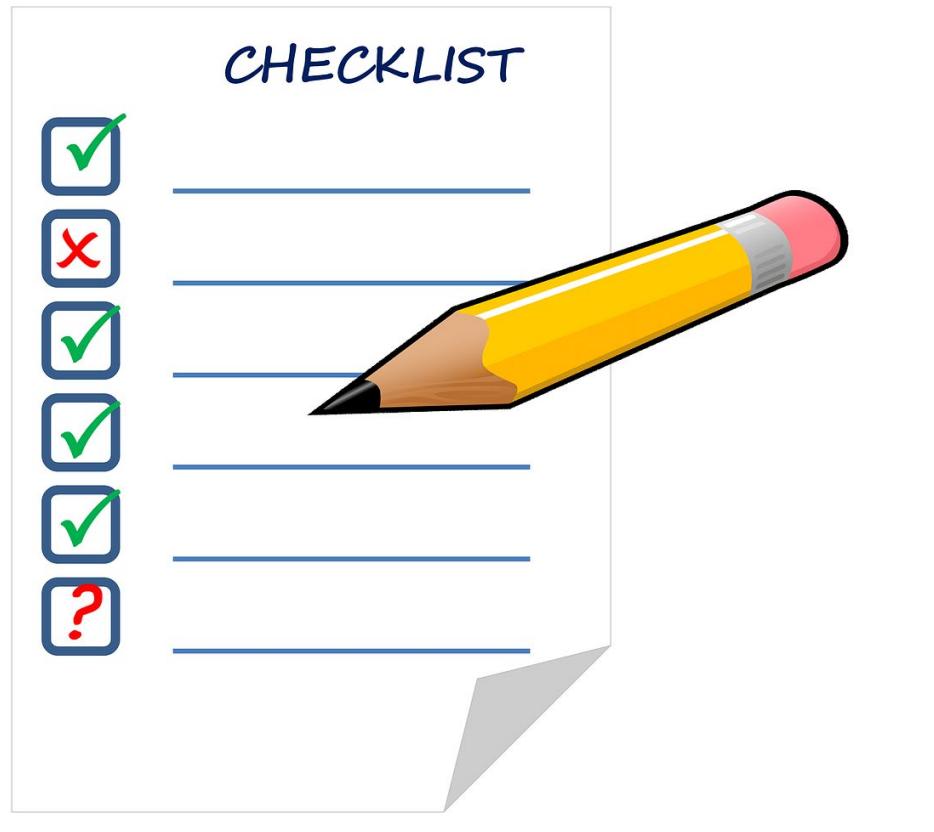
Finding Focus

Jamie VanderLinden, LCSW,
LAC



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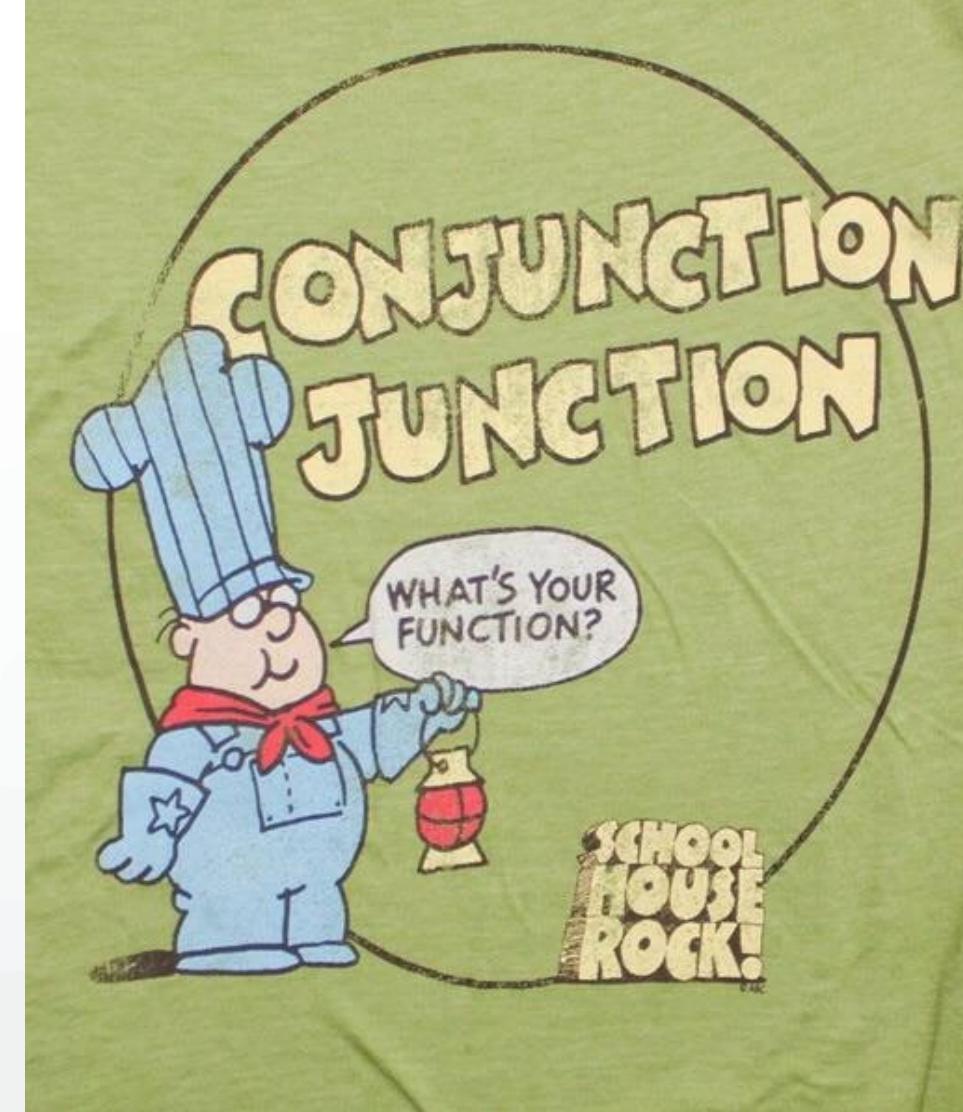
Road Map



1. Creating a Focused Environment
2. Interventions
3. Patient Scenarios



Function of the Behavior



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Set the Stage

"ELEVATOR PITCH"



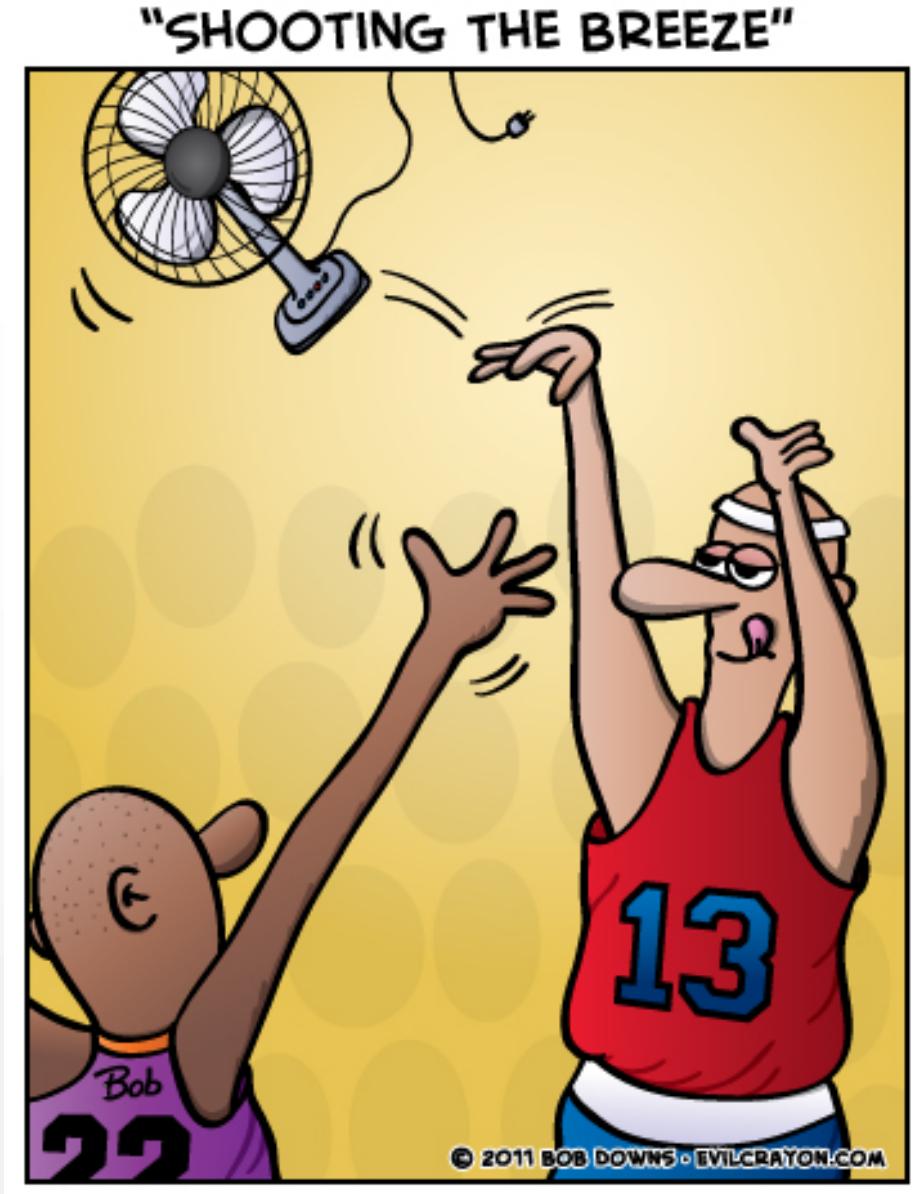
- How do you introduce yourself and your service?



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Agenda Setting

- Be Direct.
- Have Boundaries!
- Use your MI.



Consistency

- Have a Flow.
- Be Intentional.
- Expect pushback.
- Stay on schedule.
 - Even if the patient doesn't want to!



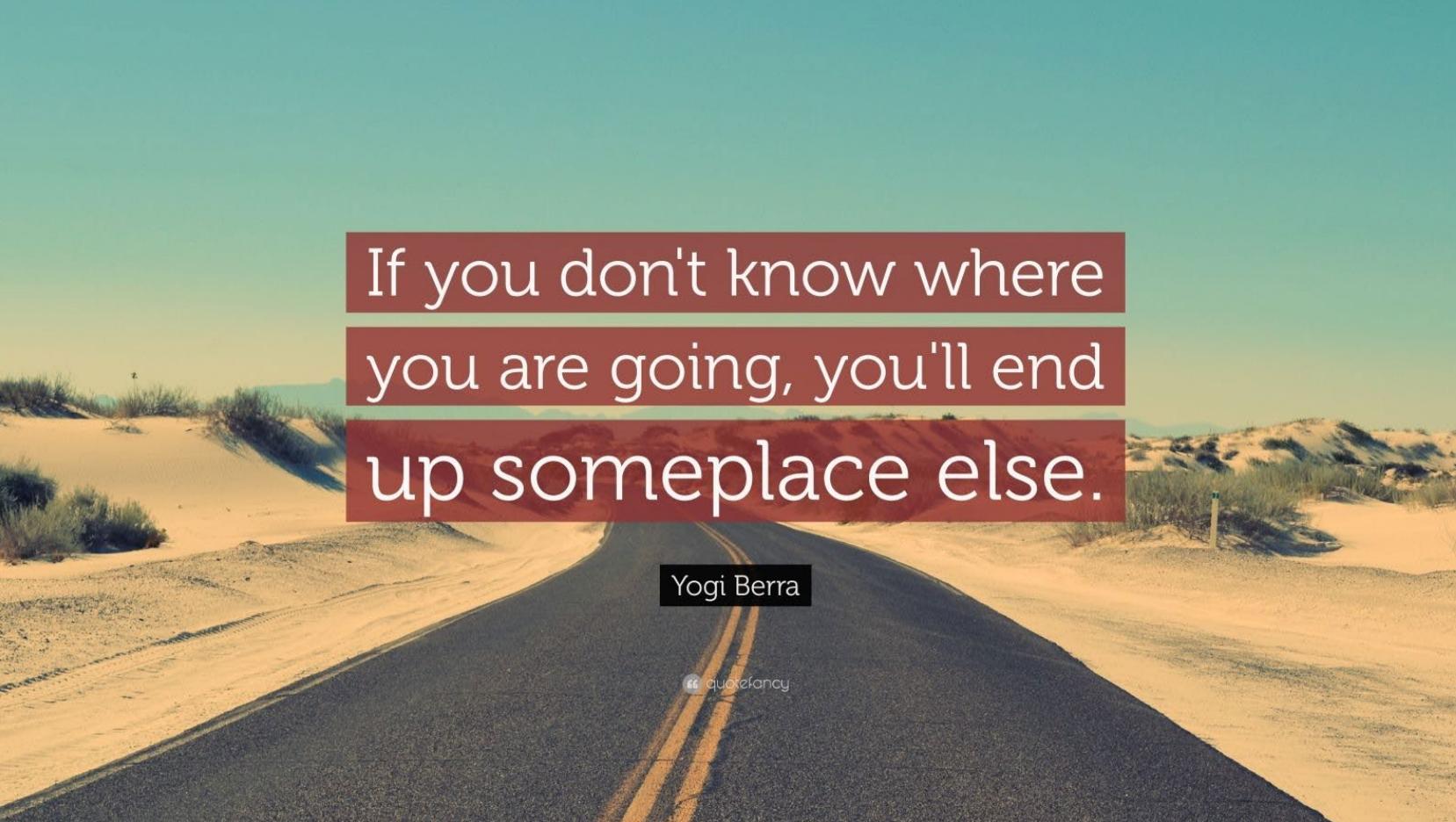
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Perspective Shift

- Normalize proactive care
 - Inform people about options
 - Teach people how to be proactive



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If you don't know where
you are going, you'll end
up someplace else.

Yogi Berra

 quoteLancy

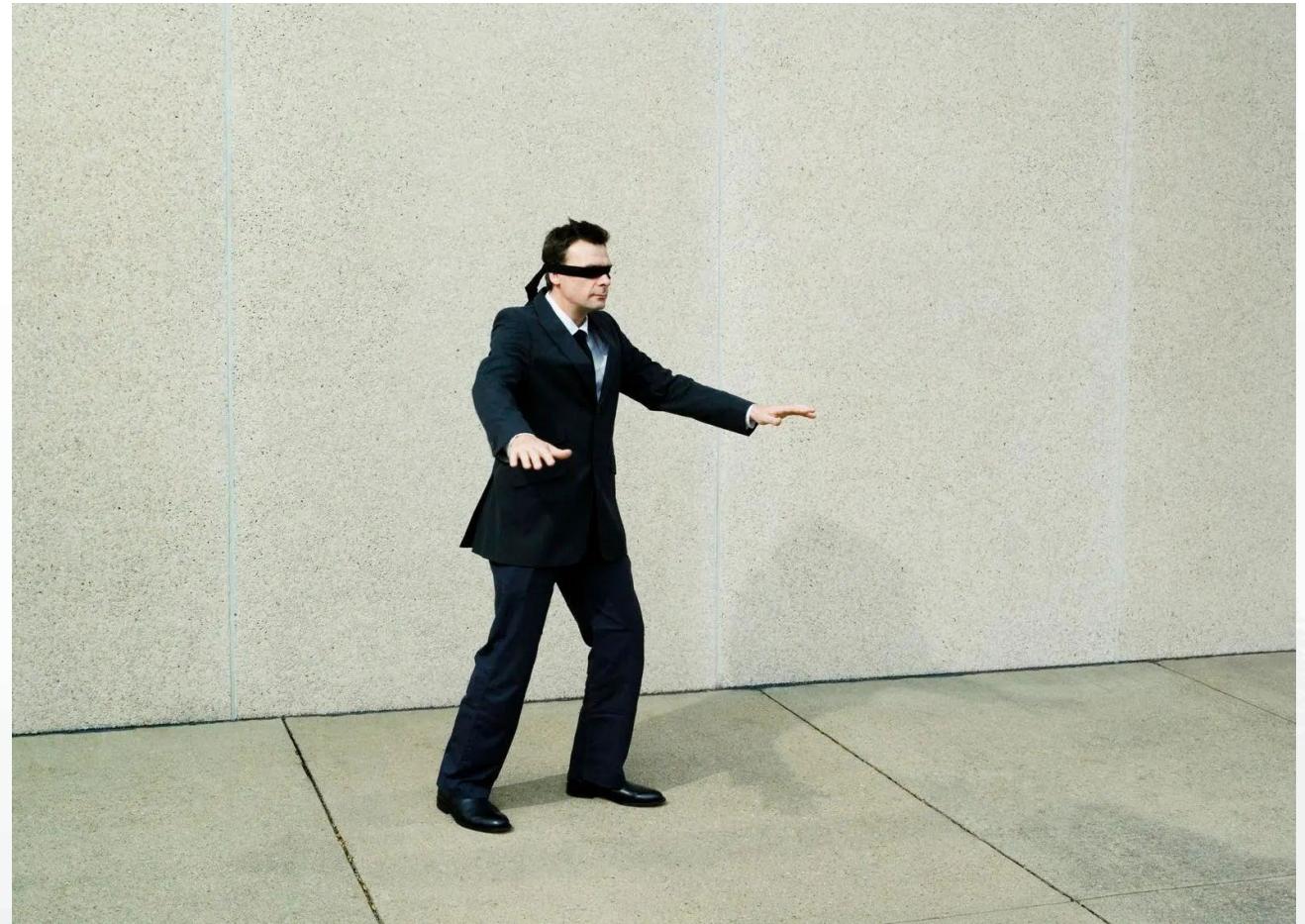
FOCUSING



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The Wandering Trap

- People love to talk and be listened to.
- But is that your role?
- Be clear – you are a helping professional, not a friend.



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First Appointment

1. **Elevator Speech** – Strong Introduction
2. **Agenda** – Consistent and Lays Groundwork.
3. **Empowering** -- How does that sound?



“And what my plan may lack in coherence, it makes up for in the exhilarating momentum created by all of these super-cool arrows!”



Side Note: Assessment



- Your agency likely has intake information of some sort
- Follow that workflow first!
- I always defer to your agency/clinic/organization procedures!



Getting to Know You

- Love
- Work
- Play
- Health
- What feels most important today?

How to Ask Open-Ended Questions: The Secret Sauce

01

Start with "How" or "What"

02

Be Specific, but Not Leading

03

Encourage Elaboration



Scenarios with a Clear Goal:

- “I need to get a better job.”
- “I need help paying for my electric bill.”
- “I’m behind on my rent.”

❖ It’s tempting to jump right to problem solving...



VectorStock

[VectorStock.com/30320447](https://www.vectorstock.com/30320447)



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Workability

- “What have you tried so far?”
- “How has that worked?”
- Validate
- Ask, Offer, Ask





3 T's

- **Time**
- **Trigger**
- **Trajectory**

- Have there been times that were not AS horrible?



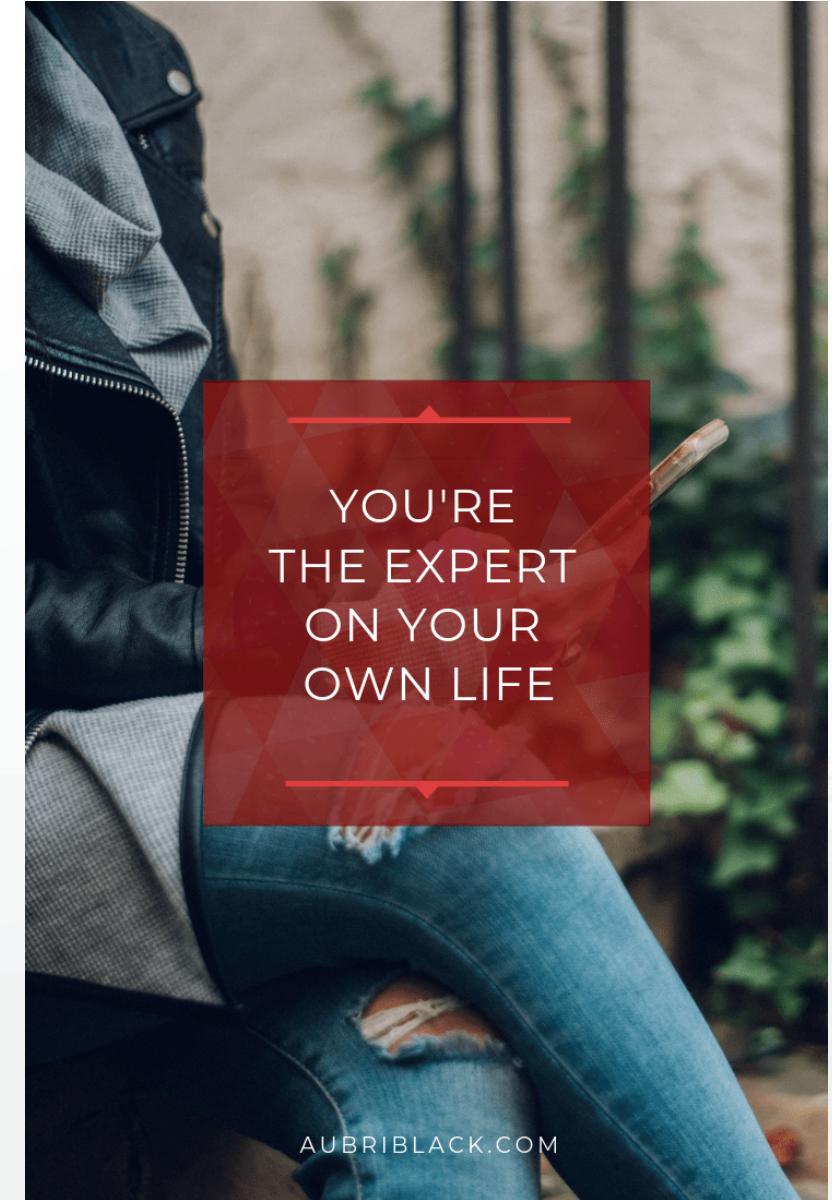
Evoking

- Be curious and compassionate
- Guide conversation
- 20% of your time
- Listen for change talk and hope!



More Scenarios:

- Straightforward:
 - “I need to get my driver’s license.”
- Less straightforward:
 - “I want to stay out of prison.”
 - “I want my anxiety to go away.”

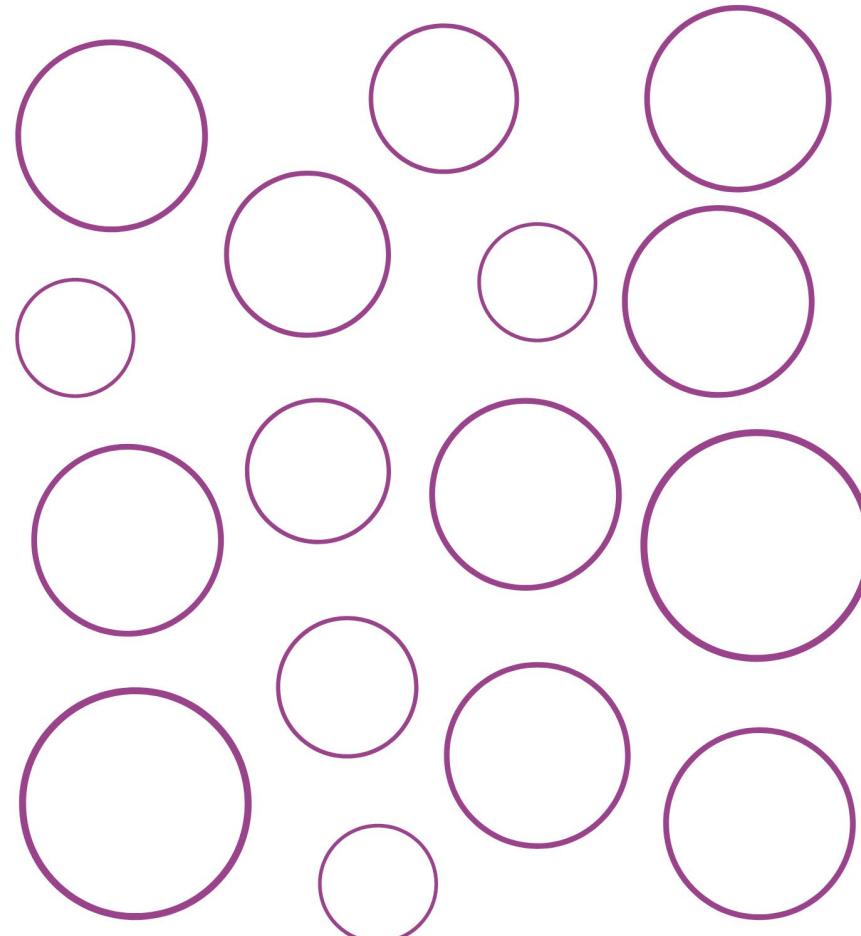


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Agenda Mapping



What might you like to change? Fill in as many bubbles as needed



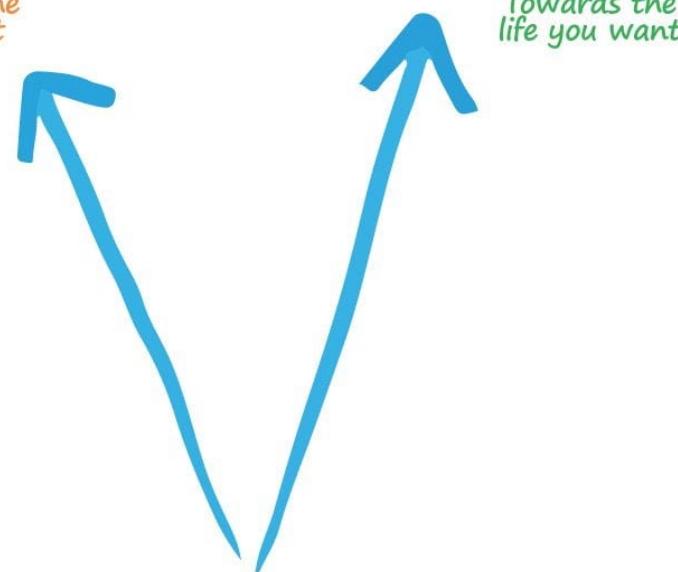
Staying Patient-Centered



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The Choice Point

Away from the
life you want



Created by Clayton J Kuzma 2022

Choice Point



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Check your Bias

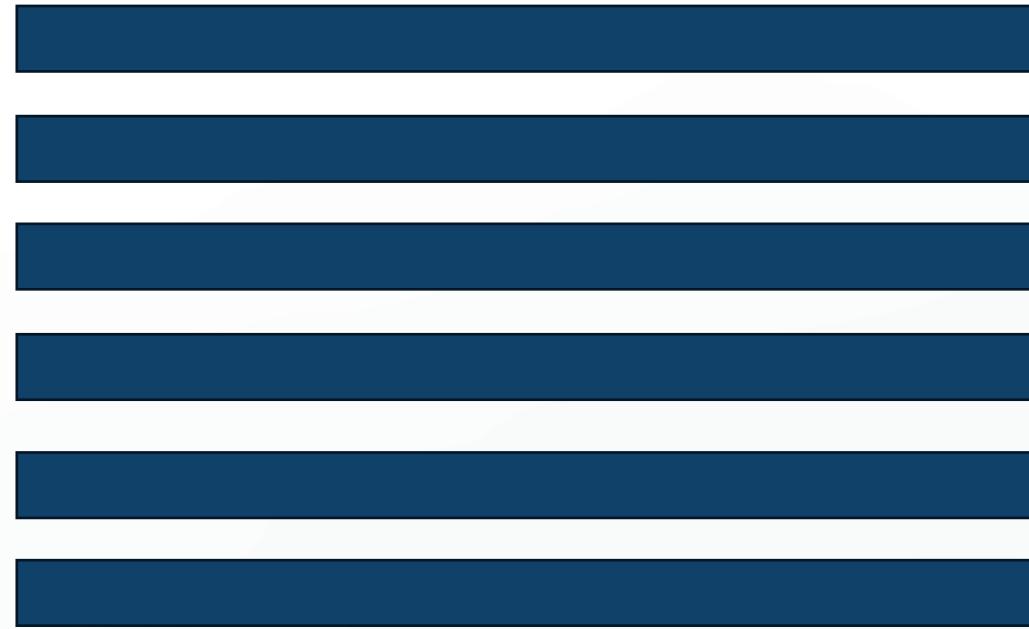


"I'll probably spend my whole life following orders from somebody. Instead of college, maybe you should send me to Obedience School."



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“Everything”



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One Problem at a Time



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Motivational Interviewing Skill Foundations



OARS are the skills
we use to
metaphorically
"row" toward
change



The spirit of Motivational Interviewing is the confluence of Compassion, Acceptance, Partnership & Empathy. The Spirit is the attitude you bring to the people you work with!

OARS

O-Open Ended Questions

Elicit more information. These are questions that will elicit more than a one word response.

A-Affirmations

Shine a light on strengths or efforts, and help clients feel empowered in their ability to change.

R-Reflections

Help the client feel listened to, take conversation deeper & reflect back their motivations for change.

S-Summaries

Consolidate, focus, and guide the conversation toward change.



Be Specific



Talking in Circles



- What is the function of this behavior?
- Be direct
- Reflect what you see
- Stick to your agenda and have good boundaries!



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Frustration

- Validate
- Apologize
- Ask, Offer, Ask
- Normalize

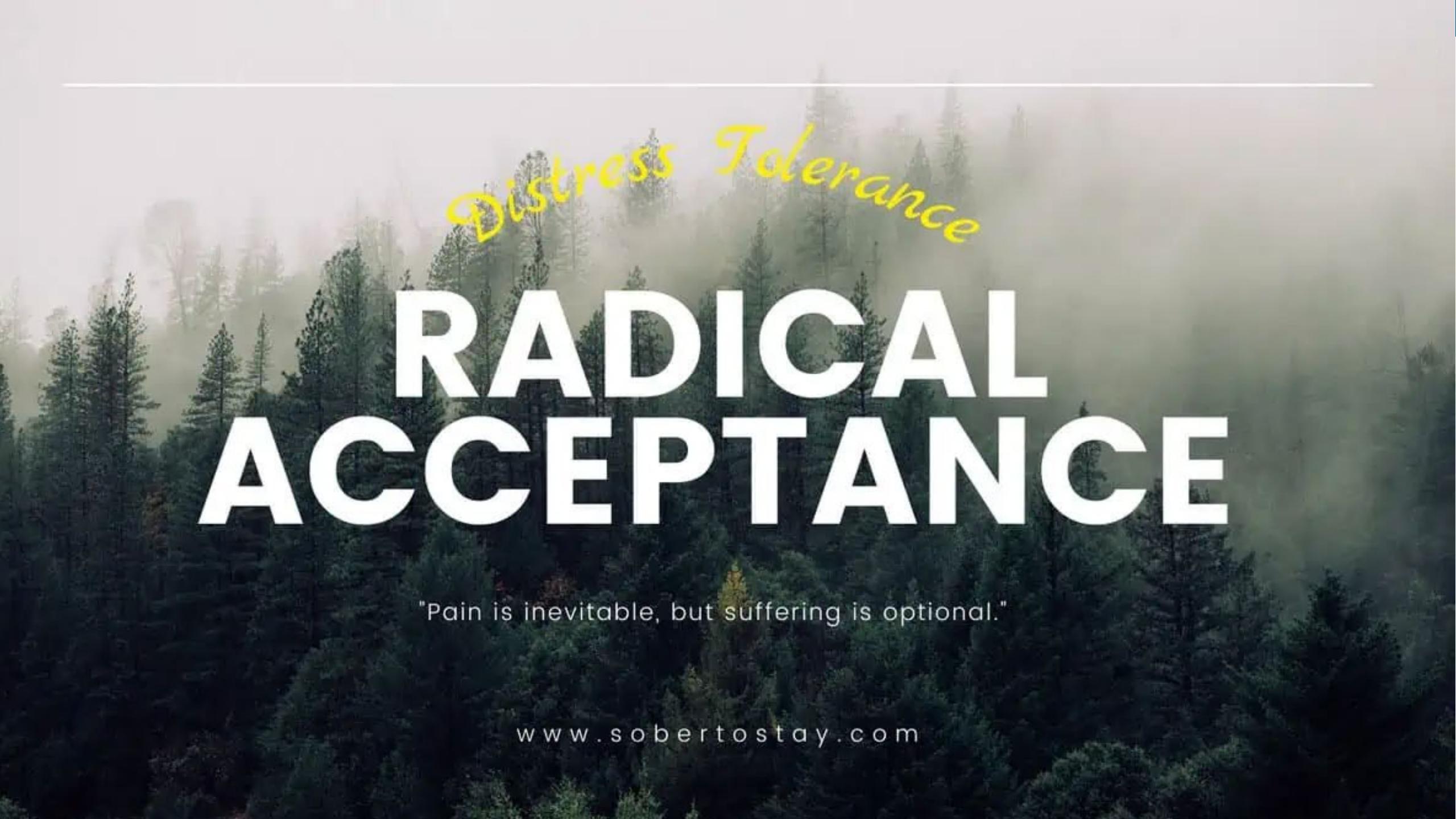


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Framing...



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Distress Tolerance

RADICAL ACCEPTANCE

"Pain is inevitable, but suffering is optional."

www.sobertostay.com

Power in Being Seen and Heard



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Break Out



- Spend about 7 minutes discussing a difficult situation you have with helping a patient either stay focused or get focused.
- What have you tried? Did it work? What suggestions do colleagues have?
- OR what tools do you use for getting individuals focused?



Session 6: Mandatory Reporting Resourcing

Wednesday, January 21st 9:00-10:00

Helping professionals are in a constant state of finding balance between compassion and safety. Is there a way to keep rapport and express concerns for safety when working with families? How do we know when it is time to make a report to CPS or Law Enforcement?

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