



4TH EDITION CHANGES-

MOTIVATIONAL

INTERVIEWING

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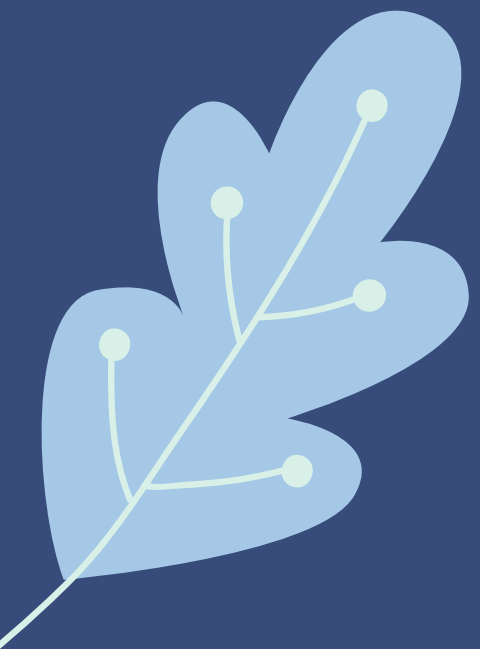
ABOUT ME

I have no conflicts of interest to disclose.

I am a heterosexual, cisgender, white female (she/her/hers). I have two children, a husband, and a darn cute 35 lb black, white, and grey cattle dog.

I completed my PhD in Clinical/Counseling/School Psychology at Utah State University and completed my residency and postdoctoral fellowship at Boys Town in Omaha, NE.

I direct the Behavioral Health Services at Partnership Health Center (FQHC) in Missoula, MT. I lead our Primary Care Behavioral Health Team and support learners in the Family Medicine Residency of Western Montana and the Psychology Department at the University of Montana.





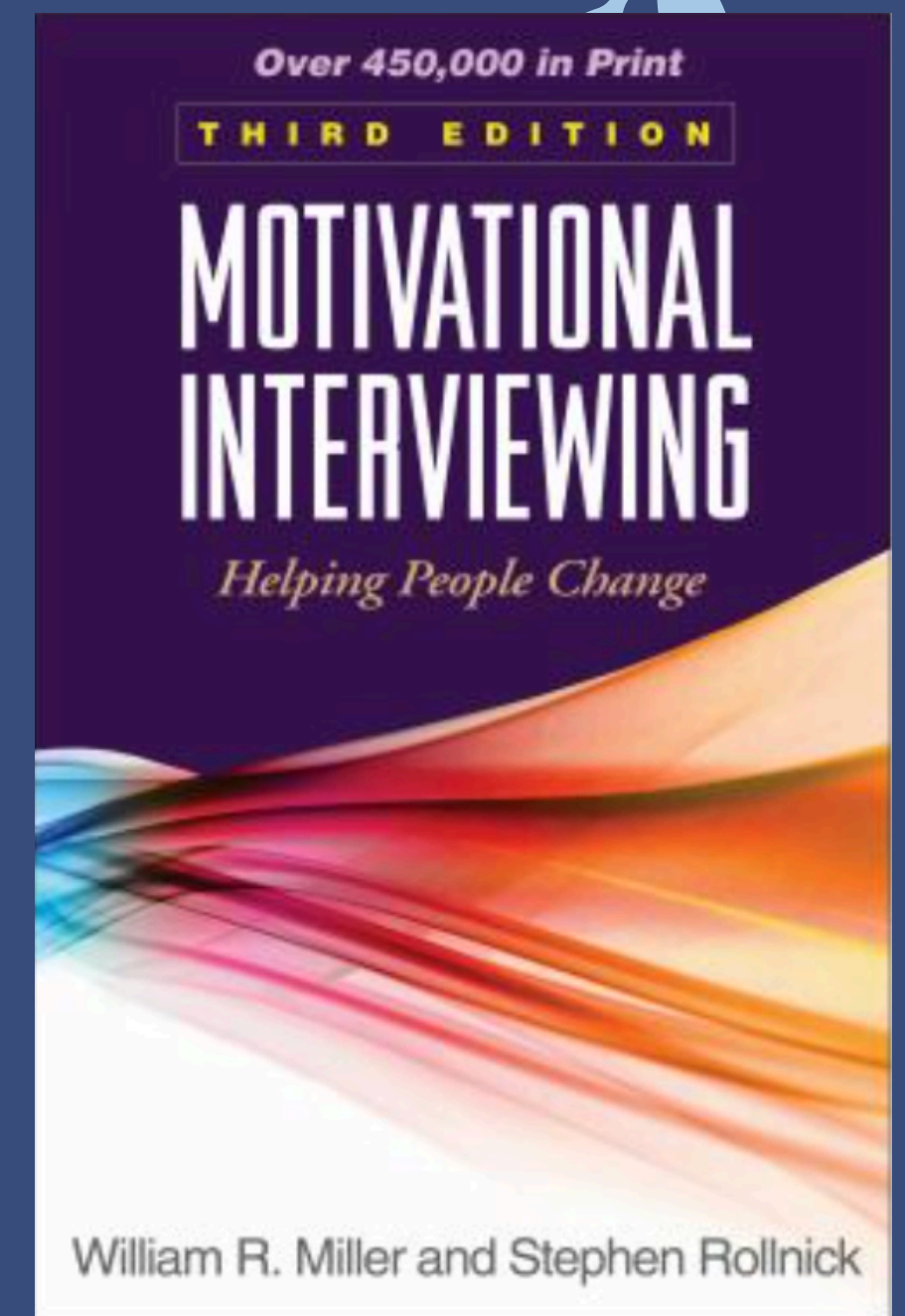
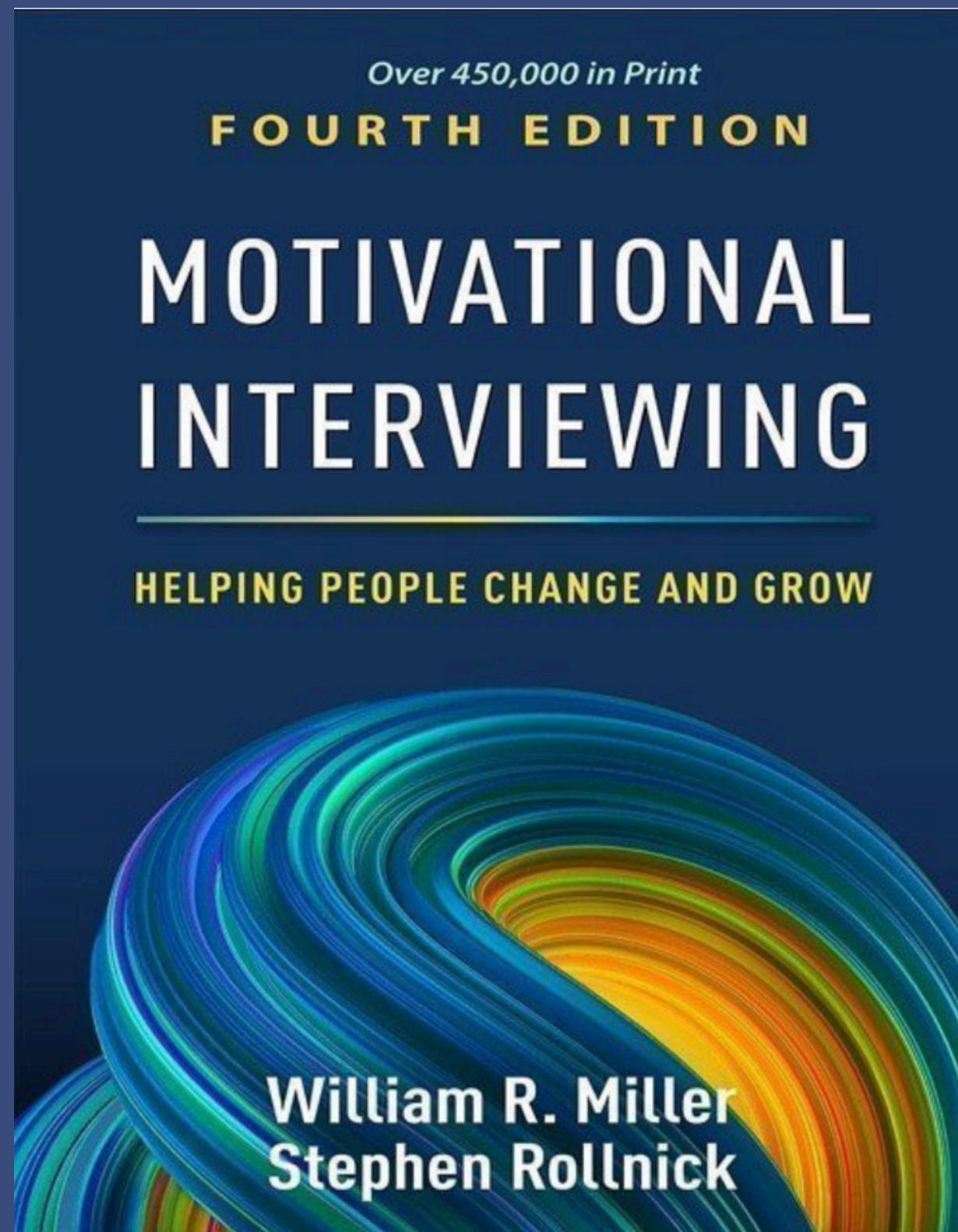
OBJECTIVES

1. Summarize key changes from 3rd to 4th editions
2. Summarize what MI is NOT
3. Review key principles of MI



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MOTIVATIONAL INTERVIEWING 4TH EDITION



MI DEFINITION CHANGE

MI 3rd Edition Definition:

- A direct and client-centered approach for initiating change through exploring and resolving ambivalence



MI 4th Edition Definition:

- A particular way of talking with people about change and growth to strengthen their own motivation and commitment (and maybe even development!)
- Book focus:
 - What is essential
 - An evidence-based method for promoting change and growth

NOTABLE CHANGES

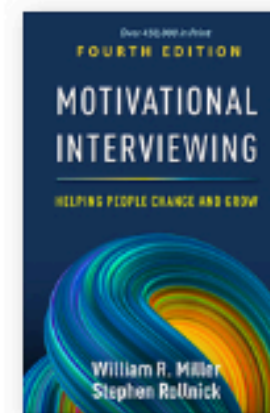
- Definition changes from *behavior change* to *change and growth*
- Audience = all sorts of helpers
- Specific boxed sections for therapist-type deep-dive info
- SPIRIT of evocation is now SPIRIT of empowerment
- Praise was noted as confusing and is now simple and complex affirmation (*increased change talk)
- MI as style for delivering other services rather than an add-on technique
- MI terms change to be more approachable language*
- Focus on growth, client/patient as their life expert

4TH EDITION SUPPLEMENTARY MATERIALS

Actual book is 30% smaller
with the format being
condensed

- Not APA format, includes in-text citations
- Go online for supplementary materials

[Home](#) » Supplementary Materials for *Motivational Interviewing: Fourth Edition: Helping People Change and Grow*



We are pleased to offer supplementary materials to accompany *Motivational Interviewing: Fourth Edition: Helping People Change and Grow*, by William R. Miller and Stephen Rollnick.

Reproducible Materials

- [The Case of Julia](#)
- [Glossary](#)
- [Is that Motivational Interviewing? A Case Example](#)
- [Personal Values Card Sort](#)
- [Reflection Questions](#)

TERM CHANGES

Processes of MI → Tasks of MI
Spirit of MI Evoke → Empowerment
Developing Discrepancy → Planting Seeds
Elicit-Provide-Elicit → Ask-Offer-Ask
Formulation → Clarifying
Righting Reflex → Fixing Reflex *
Running Head Start → Pendulum Technique

TASKS OF MI

Processes of MI → Tasks of MI

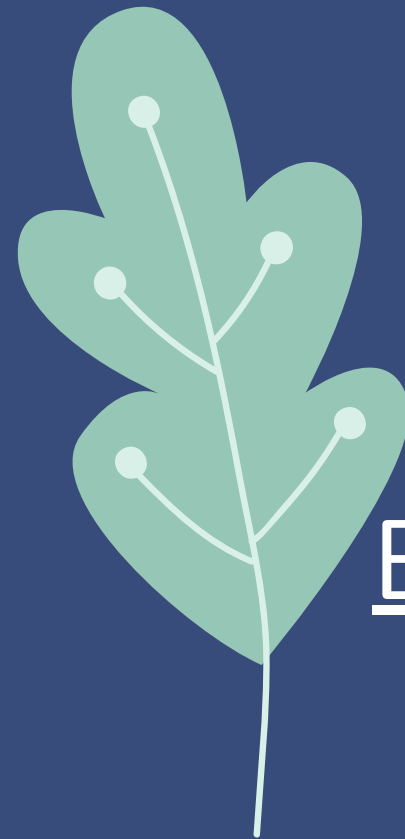
Planning_____

Evoking*_____

Focusing_____

Engaging_____

GUIDING SPIRIT



Partnership
Acceptance
Compassion
Empowerment



SELF DISCLOSURE IN MI

- Bring yourself into the flow
- Self-disclosure (true-mostly, no harm, clearly helpful)
 - to promote trust and engagement
 - to model openness and encourage honesty in return
 - to answer a patient's question if you are willing to do so (e.g., do you have children?)
 - affirmations - a genuine, in-the-moment appreciation of the patient's strengths/actions

NOT NEW IS...

- Helping people throughout the processes of change (not just supporting those in preparation for change)
- 3 of the 4 MI Spirit remain: partnership, acceptance, compassion
 - evocation → empowerment
- “Resistance” is now referred to as “Sustain Talk” and “Discord”
- OARS
 - Open questions
 - Affirmations
 - Reflections
 - Summarizing
- Guiding (following + directing)
- DARN-CATs
 - Desire, Ability, Reasons, or Need
 - Commitment, Activation, Taking steps

MI IS NOT



A skill you have naturally
Being an expert (on someone else's life)
Persuasion or convincing (voicing reasons for change for a patient or
pushing back, domination)
Doing things quickly/hurried
Wandering
Being nice to people
Rapport building
Carl Rogers nondirective approach
TTM Stages of Change (although they are compatible)
Motivation manufacturing (installing or providing motivation)



MI IS

Person-centered (person/strengths > problem/deficits)

Being real/genuine (heart and mind)

About and for your patient, not yourself

Mutual respect

A flow, a way of being (improv)

Following+directing < guiding

A way of helping people to change and grow

Understanding your role as a helper

Asking for permission

Mobilizing people's own motivations and resources

4 core tasks: engaging, focusing, evoking, and planning

A working alliance

For any length, any number of visits

An antidote for the poison of burnout

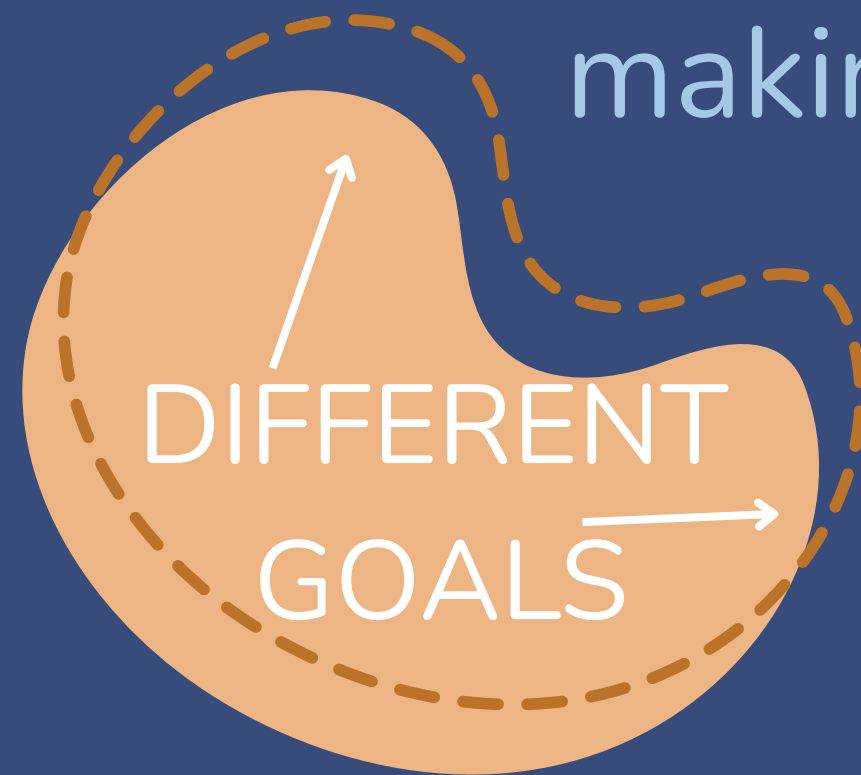
INTENTION TO... CORRECT SOMEONE?

MI can feel quite radical if you approach your role as providing solutions and treatments for problems with persuasion, correction, forcing, confronting, manipulating, outsmarting, or fixing.

COMMON SITUATION

Helper person sees the beneficial change a person could make

Person is not interested in making that change



Helper champions change and client is reluctant

May result in feeling frustrated, blaming self/patient, seeing patient as resistant or unmotivated

PRACTICING WELL

Not your role to make people change

Beginners mind

Eye on horizon

What a person can do, has done, is able to do

Wisdom + volitional choice

Don't forget to get out of someone's way

"Problems occur in the context of a life full of
experiences and strengths"



EMPOWERMENT

This power resides within
our client -
not within us

“I know I see it and I’m just
holding it up for you because I
don’t think you quite see it yet.”



MAYBE “WE” HAVE ALREADY BEEN DOING THIS?

“We are to meet people
where they dream because
where they are currently is
pretty difficult.”

Stephen Andrew, LCSW
MI Trainer

Thank you!

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