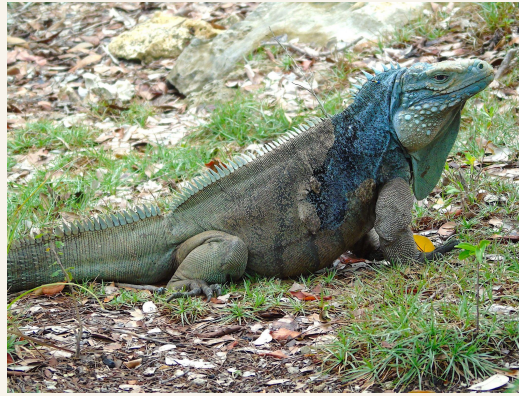


Motivational Interviewing for Parents

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Ponders and Insight



- Lizard brain vs caring brain
- Insight is not predetermined or fixed.
- How we talk about a problem can influence a person's insight.
- If someone feels attacked, their insight can be poor
- If someone feels heard and respected, they are more open to others' input and have better insight



Motivational Interviewing

- “MI” widely used by health professionals and research shows it is very effective.
- OARS - OPEN QUESTIONS, AFFIRMATIONS, REFLECTIONS, SUMMARIES
- RESIST THE RIGHTING REFLEX. The righting reflex typically looks like directing – telling someone what they “need” to do or what they “should” do – which runs contrary to the MI spirit

[ISSUP site](#)

What We Need

In order to consider a change in behavior, people need to feel:

UNDERSTOOD

My mom never
makes assumptions
- she tries to see my
side!

CONFIDENT

I think I get an A on
my project.

IN CONTROL

I am old enough to
make my own
decisions.

Tool 1 - Open-Ended Questions

- Ask Curious Questions
- Get curious about people's values, perspectives, and experiences.
- Ask Open-ended questions

"I AM NEVER SEEING THAT THERAPIST AGAIN!"

- What happened the last time you met with him?
- Help me understand where you are coming from.
- What are the pros and cons of not seeing this therapist?

Closed vs. Open Questions

Instead of this:

- DID YOU TAKE YOUR MEDS THIS MORNING?
- ARE YOU FEELING BETTER TODAY?
- DID YOU FINISH YOUR HOMEWORK?

Try this:

- WHAT'S GOING ON WITH YOUR MEDS?
- HOW ARE YOU FEELING TODAY?
- HOW IS YOUR HOMEWORK COMING?

Practice Open-Ended Questions

On the jamboard, practice asking open ended questions about these statements.

- I am not going back to church.
- No, I haven't cleaned my room. I am getting to it!
- I hate my sister!

Tool 2 - Affirmations

It's great that you're trying something new.

Affirmations involve highlighting the positive, recognizing and acknowledging the good or the strengths in a situation.

Affirmations:

- instill hope
- allow your teenager to see their resources and strengths
- should be communicated genuinely

I believe in you

I'm proud of you for taking this step.

This is a huge accomplishment, congratulations!


You're not alone in this, we're here to support you.

Affirm rather than Evaluate

- Affirmations demonstrate **appreciation** and understanding of the other person's **strengths**, and the focus should be on **behaviours** (rather than attitudes for example), and **descriptions**, *not* evaluations.
- An evaluation would be an assessment of the behavior as either “good” or “bad” for example “you did a good job....” is considered an evaluation.

Tool 3 - Reflections

Convey Empathy and Reflective, Active Listening



Let me see if I've understood. You're feeling angry because I didn't talk to you before making plans for this weekend.

Reflections Are:

- Statements, not questions
- Specific, not generic
- Repeats back what the person has said, or gives a guess at what they are feeling
- Helps the person feel understood and accepted
- Allows them to hear their own words and think a little more deeply about what they meant.

How to Craft A Reflective Listening Response:

Try to work out what your child is
feeling
Use the facts your child has given
you.
Combine the feelings and the
facts in a “You statement”

Listening Skills Handout

Ineffective Communications:

Solutions
Judgments
Discounts
Questions
Avoidance

Reflections Don't Judge

- Reflections are different from praise - they do not evaluate whether the person has met any expectations
- Reflections do not indicate agreement or disagreement

It's judgmental to say, 'You want to stay out too late.'

It's nonjudgmental to say, 'You want to stay out until midnight.'

Examples of Reflections

“ALL OF MY FRIENDS DO IT, SO IT’S NO BIG DEAL. JUST GET OFF MY BACK, OKAY?”

- Vaping seems normal to you
- You feel like I am making a fuss over nothing.
- My concerns are annoying to you.

“MY MEDS MAKE ME FEEL SLOW AND STUPID. I DON’T LIKE IT.”

- It makes you feel stupid
- You feel like you don’t think clearly when you are on these medications.
- You don’t think these meds are helping you.

PRACTICE ON JAMBOARD

Tool 4 - Summaries

Summaries are similar to reflections but:

- gather more information and
- show that you are listening and that you care.
- no judgment attached
- used to transition the conversation and focus might be on strengths or changes the person has talked about making

Let me stop and summarize what we've just talked about. You are feeling angry that I made plans without talking to you, and you would prefer that I give you a head's up before I make plans involving you.

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