

Learning Objectives

After this training, participants will be able to:

1. Describe how the relational and strategic components of MI work together to guide people toward change.
2. Distinguish between change talk and sustain talk.
3. Write genuine, specific, and accurate affirmations.
4. Discuss considerations when preparing for the therapeutic court hearing.

References

Lee, C. S. (2025). *Motivational Interviewing Across Cultures: Optimizing Practice*. Guilford.

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Miller, W. R. & Rollnick, S. (2023). *Motivational Interviewing: Helping People Change and Grow* (4th Ed.). Guilford.

Substance Abuse and Mental Health Services Administration (SAMHSA). (2019). Enhancing Motivational for Change in Substance Use Disorder Treatment. *Treatment Improvement Protocol (TIP) Series No. 35*. SAMHSA Publication No. PEP19-02-01-003.

- **FREE** digital download: <https://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Use-Disorder-Treatment/PEP19-02-01-003>

Wyatt, J. G. & Soukup, M. (2024). *Motivational Interviewing Toolkit for Veterans Treatment Courts*. All Rise. **FREE** digital download:

- Narrative: <https://allrise.org/publications/motivational-interviewing-toolkit-utc/>
- Bench Card: <https://allrise.org/publications/motivational-interviewing-bench-card-utc/>

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Motivational Interviewing in a nutshell



SPIRIT & TASKS

- Partnership, Acceptance, Compassion, Empowerment,
- Engage, Focus, Evoke, Plan
- Cultural Humility

CORE SKILLS

- Open questions
- Affirmations
- Reflections
- Summaries

CHANGE TALK (DARNCATs)

- Desire
- Ability
- Reason
- Need
- Commitment
- Activation
- Taking Steps

STRATEGIES

- Ask-Offer-Ask
- Cultivate Change Talk
- Soften Sustain Talk

NOTES:

IDEAL PERSON EXERCISE (by Jeff Allison)

Imagine a problem you've been trying to solve for a while. (It could be a real problem; we won't ask you to share it.) You're feeling stuck, and you decide you want to talk with someone about it.

MAKE TWO LISTS:

Describe a ***less than ideal person*** who might evoke feelings of annoyance, discouragement, frustration, or not being heard or understood.

- What might the person say?
- What might the person do?
- How might the person treat you?

Describe an ***ideal person*** to talk with about the problem you are trying to solve.

- What might the person say?
- What might the person do?
- How might the person treat you?

Some Characteristics of Successful Changers

Accepting	Committed	Flexible	Persevering	Thankful
Active	Competent	Focused	Persistent	Thorough
Adaptable	Concerned	Forgiving	Positive	Thoughtful
Adventuresome	Confident	Forward-looking	Powerful	Tough
Affectionate	Considerate	Free	Prayerful	Trusting
Affirmative	Courageous	Happy	Quick	Trustworthy
Alert	Creative	Healthy	Reasonable	Truthful
Alive	Decisive	Hopeful	Receptive	Understanding
Ambitious	Dedicated	Imaginative	Relaxed	Unique
Anchored	Determined	Ingenious	Reliable	Unstoppable
Assertive	Die-hard	Intelligent	Resourceful	Vigorous
Assured	Diligent	Knowledgeable	Responsible	Visionary
Attentive	Doer	Loving	Sensible	Whole
Bold	Eager	Mature	Skillful	Willing
Brave	Earnest	Open	Solid	Wise
Bright	Effective	Optimistic	Spiritual	Worthy
Capable	Energetic	Orderly	Stable	Zealous
Careful	Experienced	Organized	Steady	Zestful
Cheerful	Faithful	Patient	Strong	
Clever	Fearless	Perceptive	Stubborn	

Source: Adapted from "Some Characteristics of Successful Changers" is in the public domain and may be reproduced and adapted without further permission. Original source: Miller, W. R. (Ed.). (2004). *Combined Behavioral Intervention Manual: A clinical resource guide for therapists treating people with alcohol abuse and dependence* (Vol. 1). Bethesda, MD: National Institute on Alcohol Abuse and Alcoholism.

PRACTICE: Composing Affirmations

Simple affirmations reflect something the person has said or done that is commendable or positive; an effort the person has made.

Complex affirmations reflect an enduring quality or characteristic about the person themselves. They go deeper than actions to recognize strengths and values.

Affirmation Exercise #1:

1. Work with a group.
2. Think about a participant who is **doing well in the program**. They might be achieving goals, attending appointments, and giving negative UDS.
3. Use the list in your handout for inspiration.
4. Write a few affirmations that you might say to the person. Affirm one item per sentence; effective affirmations are specific and genuine.

Affirmation Exercise #2:

1. Same exercise, except this time, think about a participant who is **struggling in the program**. They might be missing appointments, have some positive UDS, and not have clear goals yet.