Communicate to Motivate: A Training Tool for Motivational Interviewing

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Objectives

- Understand how motivational interviewing skills affect communication between clients and counselors
- Apply motivational interviewing skills in daily practice
Outline

- *Communicate to Motivate* videos promote positive communication with clients and motivate them to make positive changes.
- Positive communication affects the client engagement and outcomes.
- *Mothers In Motion* videos provide simple and practical tips to help clients make positive changes.
Communicate to Motivate videos

- http://tinyurl.com/communicatetomotivatepreview
Important Lessons Learned: Non-Verbal Cues and Tone

- Videos: Pay attention to
  - The 4-year old
  - Client and Counselor's non verbal cues
Video: Non MI Approach
Video: MI Approach
Example Skills:  
Client Says “I Don’t Know”

Client: “I don’t know.”

Counselor: “Perhaps you need more time to think about it.” OR “Can you tell me more about why you don’t know?”
Example Skills (Cont’): A Quiet Client

**Client**: (Quiet)

**Counselor**: “You are quiet. Please tell me what you are thinking.” OR

**Counselor**: “Perhaps you don’t feel like talking.”
It Is Okay to Stay Client-Centered

- Understand what’s important to the client and build on their motivation to make change.
Video: A Fast Food Mom Starts Cooking at Home
Positive Communication Is a Learned Skill

- Listening is an action
- Wait for a few seconds before responding to avoid talking over the client
- Allow the client time to think and respond to your question
- Okay to have short silent moments
Positive Communication Affects Outcomes
Video: A Pregnant Woman Who Refuses Finger Pork Later Asks What Foods are High in Iron
Motivational Interviewing Skills Are Flexible

- Motivational Interviewing (MI) does not need to be applied the same way with every client or in every situation
- Don’t worry about making small errors when applying MI
  - If an error is made, a lesson is learned
  - When MI works, build on it for future sessions
Video: I Keep Making Errors and Client Keeps Correcting Me
Resources for Clients

- *Mothers In Motion* videos
- Another Useful Website
Mothers In Motion Videos

- http://tinyurl.com/mothersinmotionpreview
Summary

- Non-verbal cues and tone affect communication
- It is okay to stay client-centered
- Positive communication affects outcomes
- Motivational interviewing skills are flexible
Audio: Positive Communication Saves A Baby’s Life
Free Videos When Available

- Both Communicate to Motivate and Mothers In Motion videos are free when available
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