



Practical Applications for Motivational Interviewing

Community of Practice

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Today's Speakers



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Outline

In today's session we will focus on practical applications of motivational interviewing in HVRP as applied to stages of change:

- Overview of the stages of change
- Motivational interviewing demonstrated through role play
- Participant discussion
- Wrap Up/Participant Survey

Stages of Change

The Five Stages of Change

Motivational interviewing is based on the idea of change as a five-stage process:

- Pre-Contemplation
- Contemplation
- Preparation
- Action
- Maintenance

Prochaska, J.O. & DiClemente, C. C. (1983)

Stages of Change (1 of 3)

Pre-Contemplation

- Not considering change or seeing it as an option
- Employment not considered/thought about

MI Skill: Encourage and explore

Contemplation

- Thinking about making a change but not sure about doing so
- Seeing employment as a possible goal

MI Skill: Active listening and asking

Stages of Change (2 of 3)

Preparation

- Has defined intention to change and plans to do so
- Wants to become employed and has established goals with a defined plan

MI Skill: Guide and ask, move to action

Action

- Commits to making change (time and energy!)
- Follows plan to gain employment

MI Skill: Inform, clarify direction

Stages of Change (3 of 3)

Maintenance

- Continues change made, consolidates success from it
- Is employed and on a career path

MI Skill: Support and advocacy

Stages of Change for HVRP

- HVRP providers work with veterans in the contemplation through maintenance stage

Role Plays

Scenario One

Jenn is in an SSVF program. She was referred to HVRP by her case manager as she expressed interest in working. This is her first meeting with Steve, an HVRP employment specialist.

Scenario Two

Steve is an HVRP participant who has determined that he wants to work with computers and is excited about employment. He is meeting with Jenn, an HVRP employment specialist.

Scenario Three

Jenn, an HVRP participant, has been working successfully for 30 days. Steve, an HVRP employment specialist, is meeting with her.

Discussion

**How do you currently
apply motivational interviewing
in your work?**

Wrap Up/Participant Survey

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