



**OVERVIEW OF MOTIVATIONAL INTERVIEWING
AND A PREVIEW OF THE 4TH EDITION OF MI**

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Motivational Interviewing 4th edition preview
(based on Bill Miller's Plenary presentation Oct 2022 at the MINT Forum)
Handouts
Gary Stofle, LISW-S, LICSC-CS, BCD

Paradigm shift to first learning Motivational Interviewing

From health expert to health guide
From education to evocation
From confrontation to acceptance and autonomy
From imposition to collaboration
From protection to compassion

Notes:

Research on Learning MI

MI is learnable, but not on your own
People often overestimate their proficiency in MI
One does not need to have a degree to learn and be skillful in MI
Those with baseline empathetic skills facilitates MI learning
MI workshop or class yields small, short lived changes
Modest feedback or coaching makes significant difference in skill attainment
There is not standard dose of training – train until you are competent

Notes:

MI 4th Edition

Due out in spring of 2023
A clear understanding of the complexity of this way of working with folks helps them simplify it for others.

MI 4th edition is almost completely rewritten
Addresses a range of helpers, not just psychotherapists or addictions counselors

Notes:

What is not changing in MI 4th edition

The four processes (Engaging, focusing, evoking and planning)

OARS

Change talk

Sustain talk

DARN CAT

Discord

Notes:

Structure of MI 4th edition

Part I. Helping people change and grow

Part II. The basics of the four (processes)

Part III. Deeper dives in specific skills

Part IV. Learning and studying MI; MI research

This edition will be about 20% smaller than MI 3rd edition (simplifying this intervention)

Notes:

Term changes

Processed to tasks

Evocation changed to empowerment

Righting reflex to fixing reflex

Notes:

Other changes

Affirmations to simple and complex affirmations

Addition of Genuineness to the MI spirit

Looks at novel uses and cultural adaptations of MI

Use of MI via phone, zoom other electronic remote delivery

Notes:

Therapeutic relationships

Client outcomes are related to the therapist, not the therapy

Therapist factors are the pivotal thing

Effective Psychotherapists by Bill Miller and Terri Moyers

Eight clinical skills that matter – Therapist factors:

1. Accurate Empathy
2. Positive regard
3. Genuineness/congruence
4. Acceptance
5. Focus
6. Hope
7. Evocation
8. Offering information and advice

Notes:

Lovingkindness: Realizing and Practicing your true self. Bill Miller

Hebrew word “chesed” was translated as ‘lovingkindness’ in a 4th century translation of the Bible. There is no single direct word in English for this word. It takes the two words to capture both the intent (loving) and an action (kindness). Miller lists 12 aspects of lovingkindness:

1. Affirming
2. Compassionate
3. Content
4. Empathic
5. Forgiving
6. Generous
7. Grateful
8. Helpful
9. Hopeful
10. Humble
11. Patient
12. Yielding

Notes: