Booster Session 1: OARS

Motivational Interviewing with EPICS
Booster Training Objective

To review the process of:

Integrating MI & EPICS, and applying the micro skills of OARS.
Check-In

- What have been the challenges incorporating MI with the EPICS model?

- What has been going well with your use of MI?
REVIEW: what we heard in your tapes

• **Strengths:**
  – Rapport and client centered spirit
  – # of open ended questions
  – Using reflections
  – MI adherent statements
  – Affirmations

• **Areas for continued development:**
  - Finding focus and calling it out
  - Evoking change talk
  - Complex reflections
REVIEW: The MI Pyramid

- The strategies
  AKA “The trees”

- The processes
  AKA “The forest”

- The spirit
REVIEW: The Four Processes of MI

MI is a combination of:

- **Engaging**
  1) an engaged understanding of the person’s internal frame of reference,

- **Focusing**
  2) a clear change focus, and

- **Evoking**
  3) evoking of the client’s own motivations for change.

- **Planning**
  4) If appropriate, it may also include a collaborative planning process.
REVIEW: The Processes Merged with EPICS

- Engaging → Check In
- Focusing → Review
- Evoking → Intervention
- Planning → Homework
**REVIEW:** Integration of MI and CBT

Motivational Interviewing builds the platform for change, and cognitive behavioral interventions create the change.

MI helps us build motivation, find focus, and choose an appropriate CBI to use.
Intervention: Micro Skills - OARS

Open ended questions
Affirmations
Reflections
Summaries
OARS

Open Ended Questions
- Help to understand the other persons perspective and feelings
- Is intended to open dialogue and encourage longer responses
- Use of insightful questions based on previous listening – vs. information only seeking questions

Reflections
- Reinforces empathic relationship – trying to understand
- Reflects back both content and emotion of other’s statement
- Vary in depth and risk
- Are directive – create momentum and guide the client towards change

Affirmations
- Emphasize personal strengths, resources, & successes
- Build confidence that change is possible
- Prevent discouragement
- Use of affirmations that focus on building internal vs. external motivation

Summaries
- If change talk is like a flower, summaries collect those flowers, pulling together all the person’s change talk into a bouquet.
- Longer reflections. Multiple reflections together = a summary
- Can be used to shift focus
- Captures the heart of evoking.
Measuring OARS – Coding Exercise

- We will watch a short clip of motivational interviewing with a non-verbal client (Ponytail John)
  - Listen for and tally when you hear:
    - Open ended questions
    - Closed ended questions
    - Reflections /Summaries
    - Affirmations

We will discuss the coding after the video
Practicing OARS

• With your partner you will practice each of the OARS in consecutive rounds

• Each round will be timed

• Each person will get a turn every round
Practicing OARS

OPEN ENDED QUESTIONS

For THREE minutes interview your partner using ONLY open ended questions

The person being interviewed will talk about:

– Getting into treatment
– Changing their peer group
– Getting a GED and a real job
– Reuniting with family
– Or a topic personal to you
Practicing OARS

**AFFIRMATIONS**

The person being interviewed will talk about steps they are taking to meet short term goals for **ONE** minute.

The interviewer will respond using an affirmation.
Practicing OARS

REFLECTIONS

For THREE minutes interview your partner using ONLY REFLECTIONS

The person being interviewed will talk about:

– Getting into treatment
– Changing peer group
– Getting a GED and a real job
– Reuniting with family
– Or a topic personal to you
Practicing OARS

SUMMARIES

The person being interviewed will talk about steps they are taking to meet short term goals for TWO minutes.

The interviewer will respond using a summary.
Homework

• This months tape :
  – full EPICS model with the focus on the use of OARS

• Tape is DUE – 1/11 or before next booster session

• Next booster – 1/27