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?

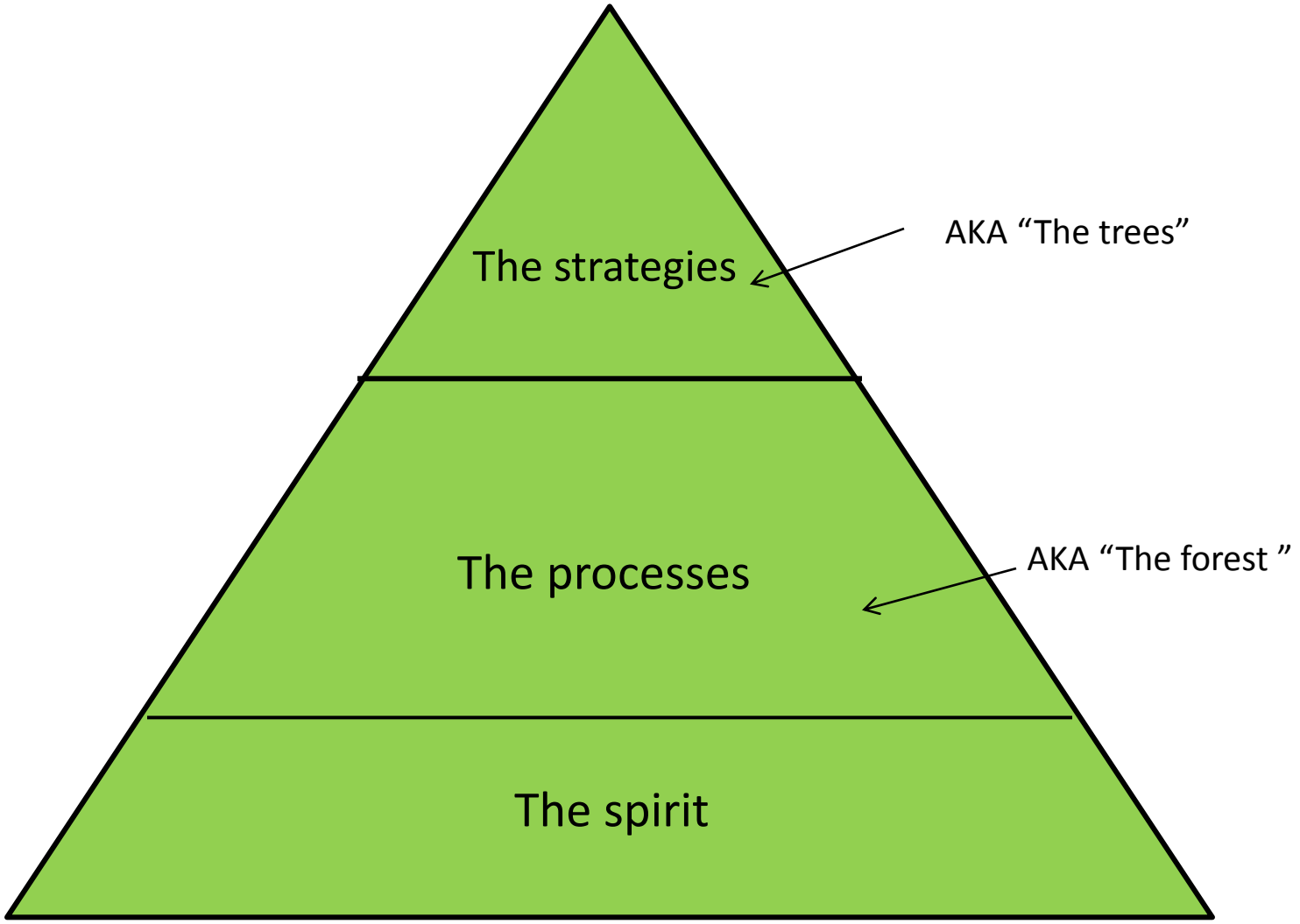
REVIEW: what we heard in your tapes

- 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



REVIEW: The Four Processes of MI

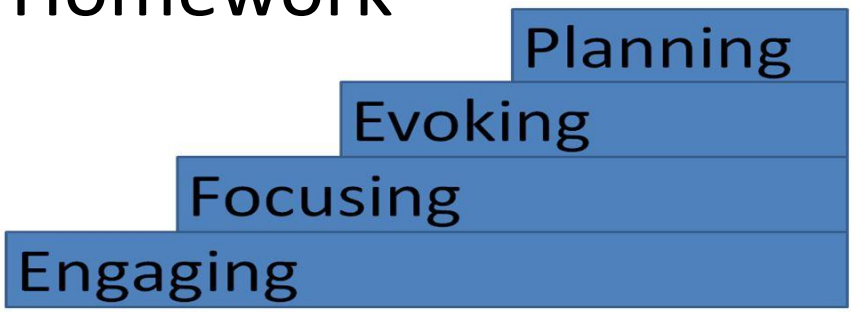
MI is a combination of:

- Engaging
- Focusing
- Evoking
- Planning

1) an engaged understanding of the person's internal frame of reference,
2) a clear change focus, and
3) evoking of the client's own motivations for change.
4) If appropriate, it may also include a collaborative planning process.

REVEW: The Processes Merged with EPICS

- Engaging → Check In
- Focusing → Review
- Evoking → Intervention
- Planning → Homework



REVIEW: Integration of MI and CBT

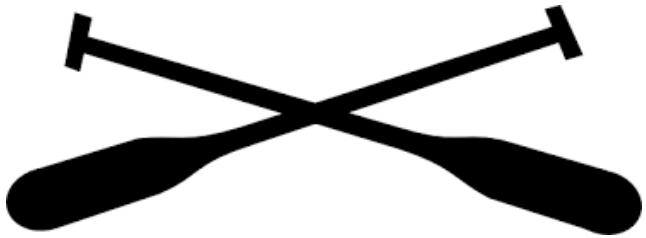
Motivational Interviewing builds the platform for change, **and** cognitive behavioral interventions create the change.

MI → Motivation

CBT → Behavior 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**

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**

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**

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