Motivational Interviewing for Brief Conversations about Covid 19 Vaccination

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Welcome
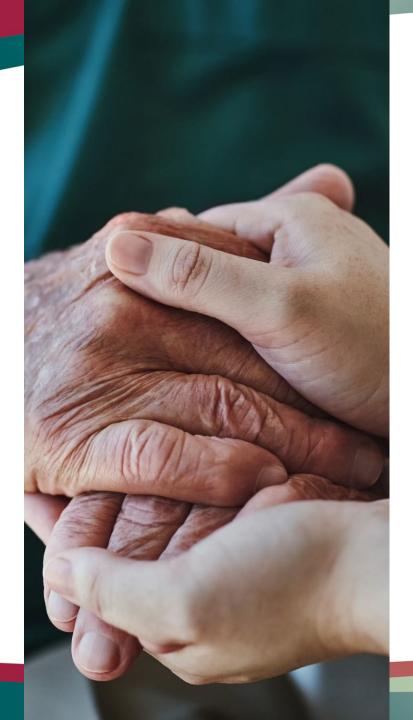
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Agenda

- To lend some hope
- MI and Social Work Ethics & Standards
- MI and conversations about vaccines and vaccination
- MI can support provider reactivity & big feelings ☺
- MI and cross-cultural practice

Hope as Being and Doing
(Snyder, 1994; Yahne & Miller, 1999)

Hope as a way of being:
- Lives in all people
- Can be found and nurtured
- Can be called forth
- Predictive of change

Hoping as a way of doing:
- A process that is interpersonal and collaborative
- A process influenced by both the practitioner and the client
- A process that involves evoking the client's hope and the practitioner lending hope when needed

Hope

"Finding hope is not a matter of creating it from nothing but rather of calling forth that which is already there. Hoping is a truly collaborative interpersonal process, and one in which it is a profound privilege to participate."

(Miller & Rollnick, 2013, p. 229).

Othering is a set of dynamics, processes, and structures that engender marginality and persistent inequality across any of the full range of human differences based on group identities.

(John Powell & Stephen Menendian, 2017)

Bridging and Breaking

connection & interdependence

Motivational Interviewing is NOT:

- The Stages of Change
- A counseling style or therapy
- A tricky way of getting people to do what you want
- A technique
- A silver bullet or panacea
- Asking questions or reflective listening

Motivational Interviewing IS:

- Person centered and guiding
- Relational
- The practice of acceptance and non-judgmentalism
- Focused on words and language
- Rooted in hope and the belief that change is possible
- Evidenced based
- Aligned with Social Work Ethics and Standards

Definition of MI

Motivational Interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change.

(Miller & Rollnick, 2013)

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MI and SW Ethics & Standards

(Wahab, 2005; Egzio, Smith, Wahab, Bennett, 2019)

Service

Social Justice

Dignity and worth of the person

- Respect for self determination & autonomy

Importance of Human Relationships

Social work practice with integrity

Ethical Responsibilities to Clients

Change Talk

- Change talk is any client speech that favors movement in the direction of change
- Change talk is by definition linked to a particular change goal

Desire for change
Ability to change
Reasons for change
Needs for change
Commitment to change
Getting ready to change
Taking steps towards change

The Language of Change

Change Talk

- I want to change
- I can change
- I have good reasons to change
- I need to change
- I will change
- I see this as a problem
- I am responsible for this problem
- I am taking steps toward change

Sustain Talk

- I don't want to change
- I am not able to change
- I have good reasons not to change
- I won't change
- This is not a problem
- I am not responsible
- I am taking steps toward the status quo

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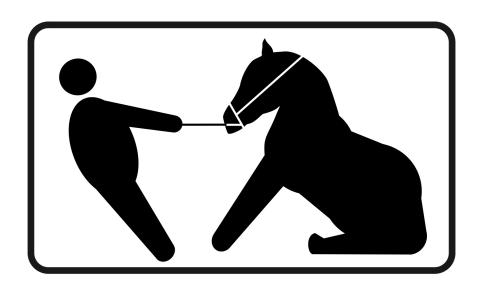
Change Talk & Sustain Talk

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Ambivalence

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Discord/Resistance

Discord is:

A behavior

Interpersonal & relational (It takes two to facilitate discord)

A signal of dissonance

Predictive of (no)change

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Righting Reflex

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Normal Human Reactions to the Righting Reflex
(Bill Miller slide, 2003)

Invalidated	Resist	Withdraw
Not respected	Arguing	Disengaged
Not understood	Discounting	Disliking
Not heard	Defensive	Inattentive
Angry	Oppositional	Passive
Ashamed	Denying	Avoid/leave
Uncomfortable	Delaying	Not return
Unable to change	Justifying	

Reactivity Facilitates Discord

- [Reactivity and Discord- Perils of fixing](#)

OARS: MI Micro Skills

- **Open-ended questions** to keep the conversation moving forward and encourage self-exploration

- **Affirmations** to support the client's strengths, efforts, character, and worth

- **Reflections** to express empathy, guide the conversation, and manage our own reactivity and big/small feelings ☺

- **Summaries** to express empathy and guide

Open Ended Questions

- Questions that can't be answered with just one word
- Questions that invite more than a one word response
- Robust open questions are evocative, ask for change talk, and guide the conversation:

1. What are your thoughts about getting the Covid vaccine?
2. What are some of the reasons why you would get the Covid vaccine?
3. What would need to be different for you to get the Covid vaccine?

Reflections

– Are s**tatements** rather than questions

– **Hypothesis testing**, you are making a guess about the client's meaning (rather than asking)

– Elicit more information and deeper understanding (=empathy)

– Main skill for **Expressing Empathy**

– Many questions can be turned into reflections

Affirmations

- A statement of appreciation, or acknowledgment of someone's strengths, accomplishments, success.

  Affirmation is also a way of thinking: the clinician consciously is on the lookout for client strengths, accomplishments, and achievements. This mind-set of "accentuate the positive" is a discipline in itself.

Summaries

- A type of complex reflection
- Used for general collecting of information
- Used for transitions
- Includes "change talk"

Responding to Discord

Recognize and Respond

Three types of reflections:

1. Simple
2. Amplified
3. Double-sided (reflect ambivalence using "and")

Two Strategies:

1. Shifting focus/change the subject
2. Emphasize personal choice

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Dancing with Discord

- [Example of dancing with discord](#)

- What discord looks like:
  – Start at 14 Min- and stop at 16 mins.

- How to dance with discord using MI skills:
  – start at 19 mins. and end at 21 minutes.

Pandemic as a Portal

"Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world, And ready to fight for it." (Arundhati Roy, 2020).

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