

A close-up photograph of a hand placing a wooden letter block with the letter 'G' on a row of other wooden letter blocks. The blocks are arranged to spell out 'CHANGE'. The background is a soft, out-of-focus grey.

A Catalyst for Change: Motivational Interviewing

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Why did you do that?



DOES

FAIL

IT

PASS

WORK?





How can you
help motivate
another
person?

Intrinsic

A Venn diagram with two overlapping circles. The left circle is light blue and labeled 'Intrinsic'. The right circle is light green and labeled 'Extrinsic'. The intersection of the two circles is a darker shade of green and contains three items: 'Academic Achievement', 'Relationships', and 'Career Success'. The 'Intrinsic' circle contains three items: '- Freedom', '- Emotional Connection', and '- Avoiding Guilt'. The 'Extrinsic' circle contains three items: 'Pleasure -', 'Social Status -', and 'Fear of Punishment -'.

- Freedom

- Emotional Connection

- Avoiding Guilt

Academic
Achievement

Relationships

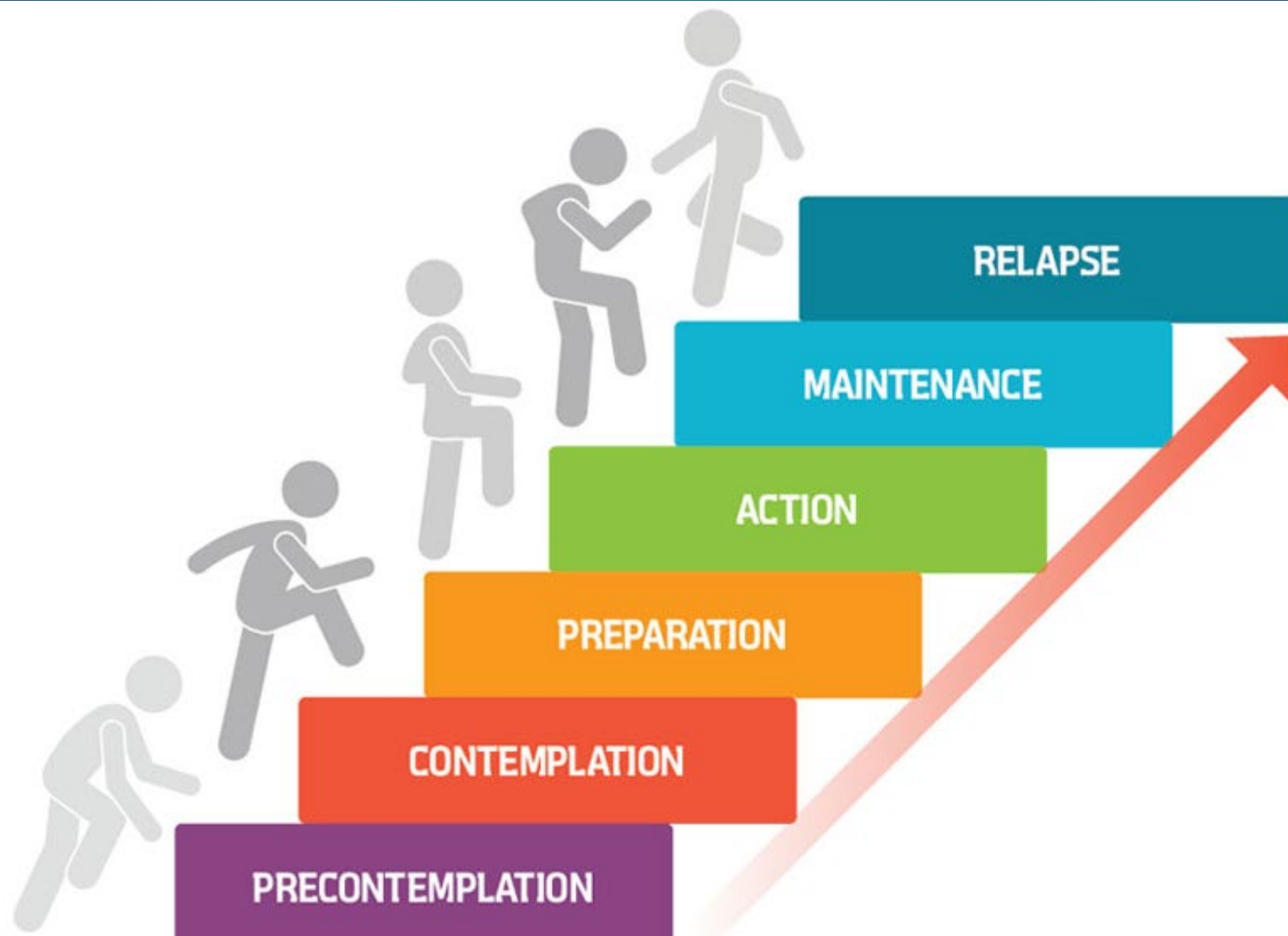
Career Success

Pleasure -

Social Status -

Fear of Punishment -

Extrinsic







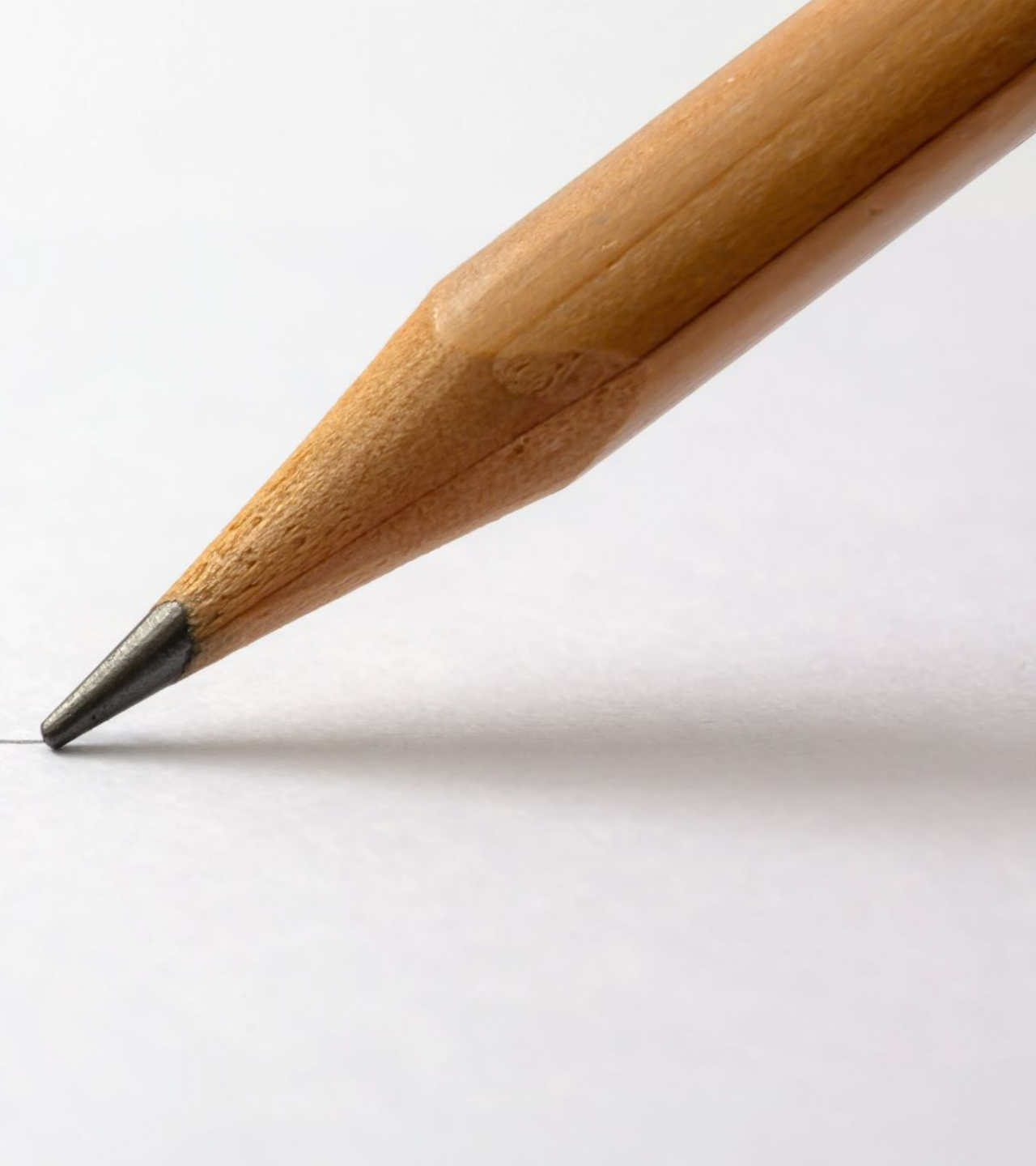
What is something
about yourself that
you don't like/would
like to change?

Think about why you
want to change or
why you don't like it.



Write down how old you
were the first time you
recognized it as a
problem or thought
about changing.



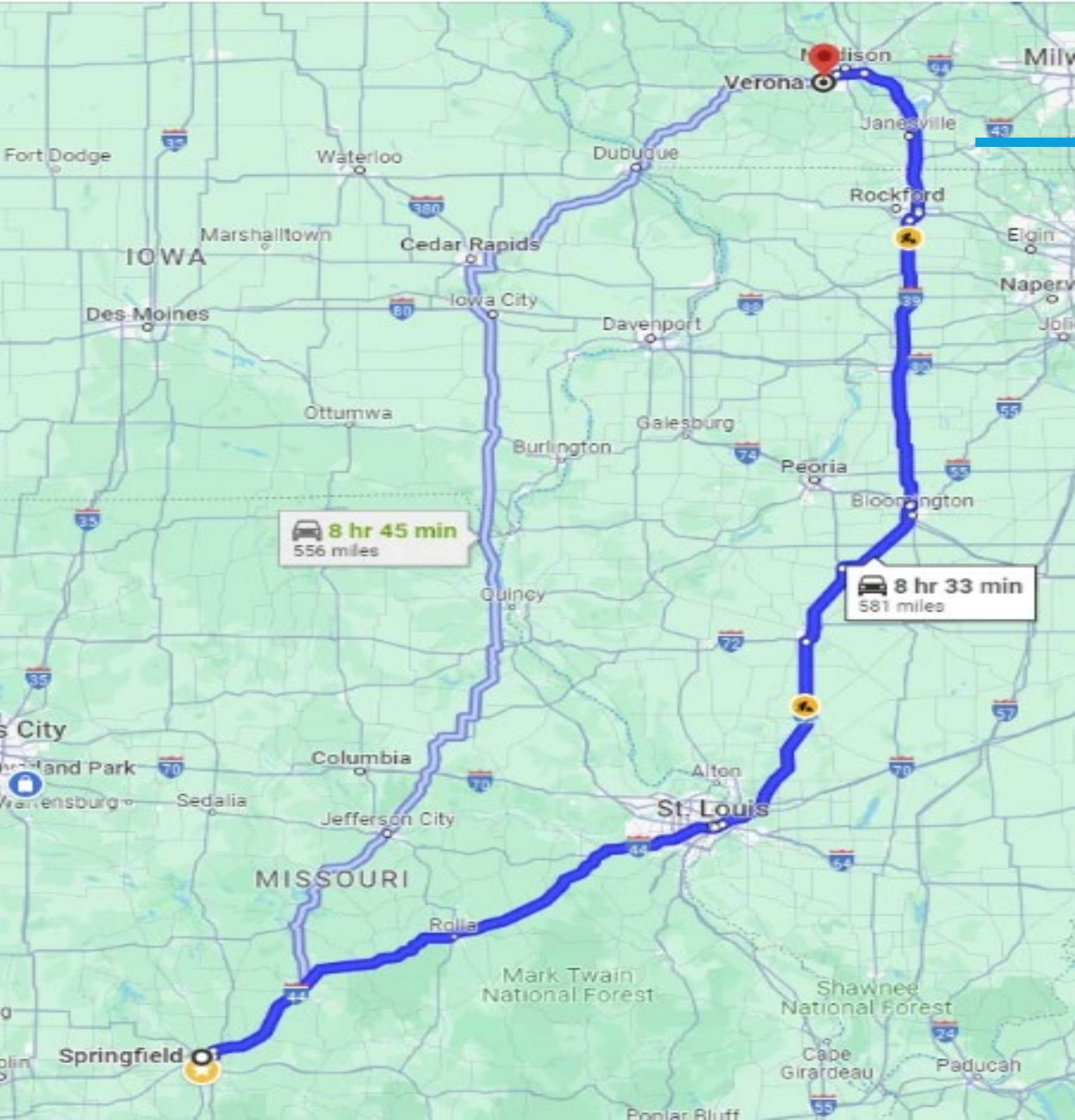


Write down how
many times you
have tried to
change this
situation.



Write down your current age.

How many years have passed since the first time you tried to change?

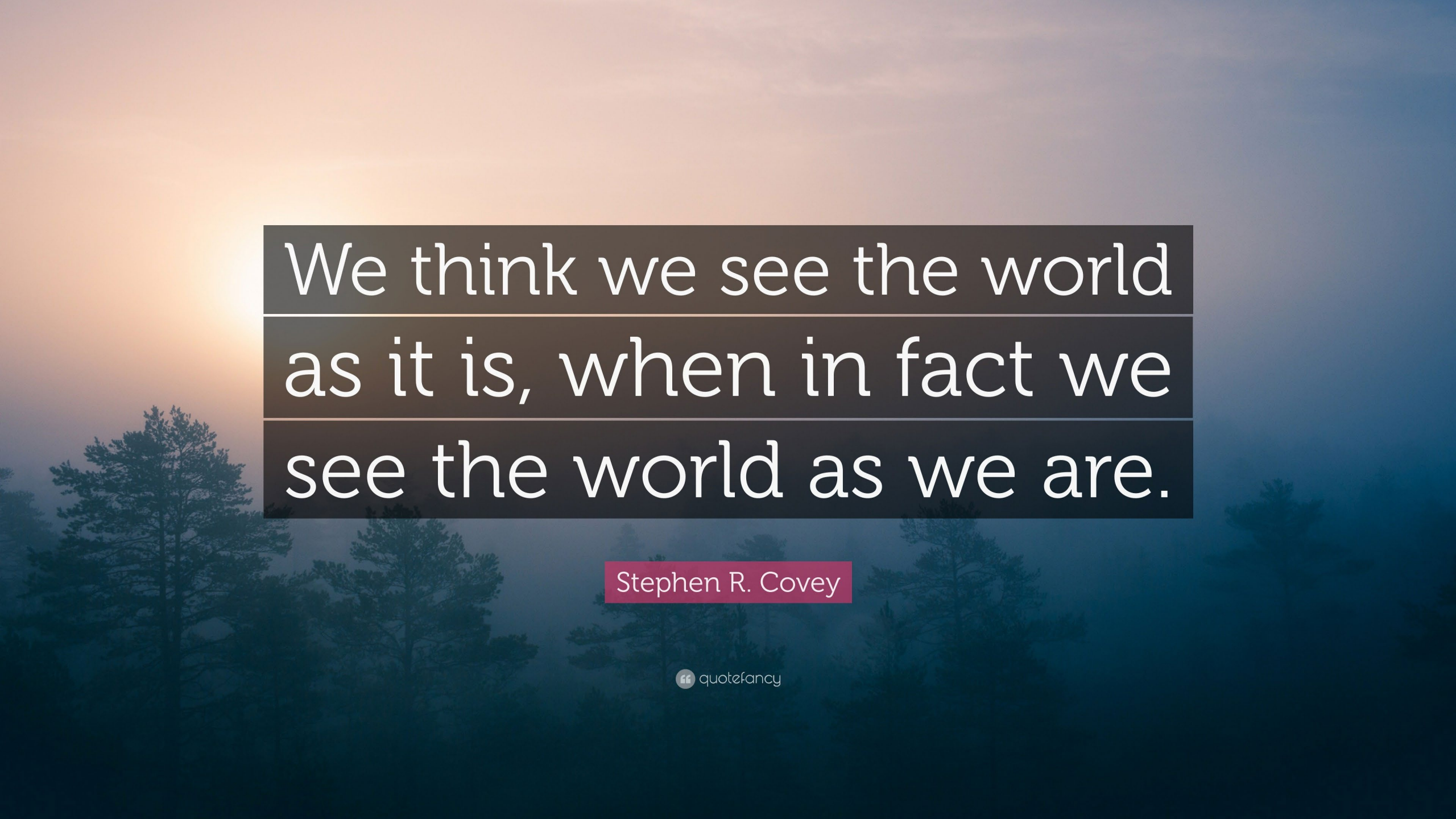


The Journey is
Personal



Motivational Interviewing

- An evidence-based practice
- Interactive communication style
- A collaborative approach to change and recovery



We think we see the world
as it is, when in fact we
see the world as we are.

Stephen R. Covey





Key Components

- Focus on a collaborative relationship
- Avoid confrontation
- Ask open-ended questions
- Seek additional information and examples from the defendant
- Review and re-examine defendant's strengths and goals
- Utilize affirmations



Key Components

- Express empathy
- Engage in reflective listening
- Summarize the defendant's statements
- Develop discrepancies between defendant's actions and goals
- Avoid the temptation to provide solutions
- Encourage the defendant to remain hopeful and pursue goals



Instead of telling, ask!



How did this affect you?

What can you do different the next time?

What are some things in your life that are getting in the way of your efforts to change?

What are the things that might motivate you to make a change in your life?

What are the benefits for you if you change/don't use?


What are some of the community supports you can access?

What would _____ say if they were here now?

Making Motivational Interviewing Personal




Resources:


 **Justice
for Vets**

Motivational Interviewing Bench Card

FOR VETERANS
TREATMENT COURTS



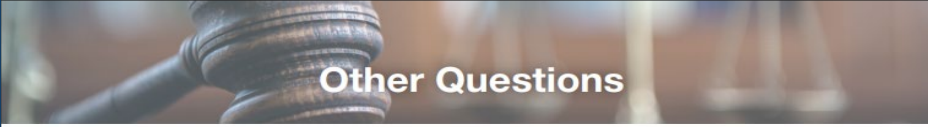
- 1 Open Questions, Affirmations, Reflections & Summaries (OARS)
- 2 OARS: Affirmations
- 3 OARS: Reflections
- 4 OARS: Summaries
- 5 Offering Information: Ask-Offer-Ask (AOA)
- 6 Strategies to Cultivate Change Talk
- 7 Strategies to Soften Sustain Talk
- 8 Practitioner Tasks in the Stages of Change



Judicial Bench Card

General Questions

- 1 What types of things did you do or can you do to help maintain sobriety?
- 2 What reconnections or new activities have you built into your life?
- 3 What are some of the community supports you can access?
- 4 What challenges did you face, and how did you handle them?



Other Questions

- 1 What did you do this week to stay sober?
- 2 Describe one of the most important reasons for you to be more honest.
- 3 What does responsibility mean to you?
- 4 What past hobbies or activities are you looking forward to getting re-involved in?
- 5 What are some things in your work or school that are getting in the way of your change efforts?

COMMUNITY DOMAIN

- 6 What can you tell me about your community that helps support your long-term recovery goals?

HEALTH, MEDICAL DOMAIN

- 7 What types of services or resources have you identified that may become a part of meeting other needs that you may have?

PURPOSE DOMAIN

- 8 What are your short-/long-term recovery goals, and how are they meaningful in recovery?



Questions?

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