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California Chapter 3 - San Diego and Imperial Counties

**Motivational Interviewing:
A relationship-based approach to
engaging parents of young children.**

Miriah de Matos, MA, MPH

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Learning Objectives

- Identify key components of Motivational Interviewing including OARS, the spirit and change/sustain talk.
- Explore application and utility of MI with parents of children 0-5.
- Practice using key components of MI.

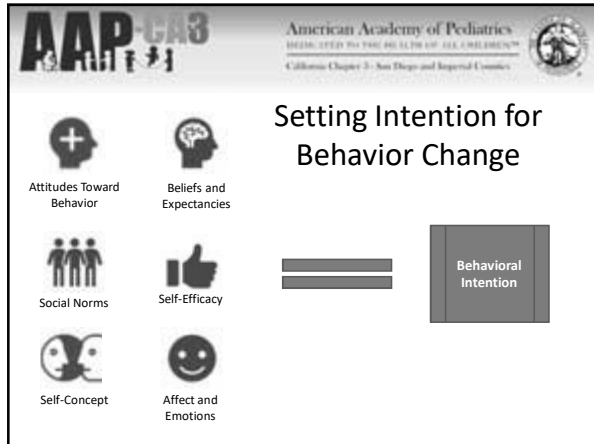
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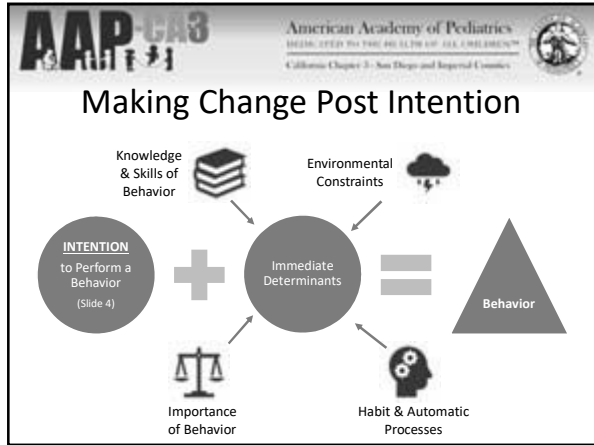
What is Motivational Interviewing?

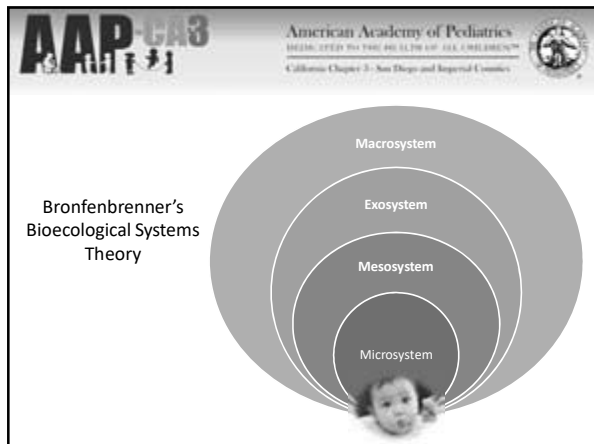
collaborative, goal-oriented style of communication with particular attention to the language of CHANGE



Miller, W.R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change* (3rd ed.). New York, NY: Guilford Press.







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Infant-Family and Early Childhood Mental Health

*Emphasize the importance of early caregiving relationships on brain development, attachment, and the regulation of emotions and behavior.**

*California Center for Infant Family Early Childhood Mental Health

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Parent is the Expert....

Remember that time I asked for your parenting advice?

Oh that's right, because I NEVER did.



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Let's Get the Spirit!

- Think about a parent or caregiver you have worked with that may have been challenging.
- What was frustrating about their behavior?
 - Always late or misses appointments
 - Does not follow through
- What do you wish s/he would have changed?
 - Be more responsible
 - Try harder

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Cortex Conversations

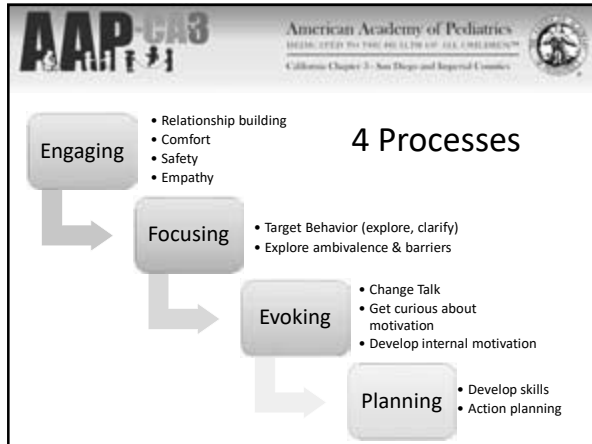
Cortex
Limbic
Brain Stem

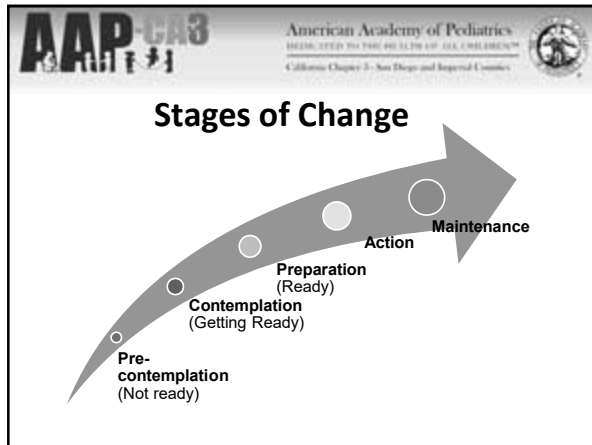
MI Spirit

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Relational Ways of Being

Partnership	<ul style="list-style-type: none">• Trust the dyad to show their strengths & vulnerabilities• Co-regulate: self, then parent; parent, then child
Acceptance	<ul style="list-style-type: none">• Believe that change is possible• Non-judgmental
Compassion	<ul style="list-style-type: none">• Understand that parents are doing their best• Nurturing• Tentative• Empathic
Evocation	<ul style="list-style-type: none">• Non-expert• Hold space for child and caregivers• Curious/wondering





**Core Interviewing Skills:
Elements Worth Adopting**

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OARS: Guiding families to row their own boats towards change

- **O**pen Ended Questions
 - *What would you like to get out of these workshops?*
- **A**ffirmations
 - *You are a concerned parent.*

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OARS

- **R**eflections
 - Parent: *It has been hard to get to the class because we had a lot of other appointments.*
 - Provider: *It sounds like you are very busy.*
- **S**ummaries
 - *So it sounds like you want to learn more about discipline and routines. You are also very busy and you want to find a way to get to the workshops.*

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Video

Head Start North Carolina
Motivational Interviewing for Kids
Healthy Smiles


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Activity: Practice Using OARS

1. Turn to the person next to you.
2. Each of you will take a turn being the MI practitioner that is using OARS.
3. Role #1 – Discuss your interest in implementing MI in your work.
 - Role #2 (MI practitioner) – Respond to your partner only using open-ended questions.
4. Switch roles. MI practitioner may choose to use reflections instead of open-ended questions.

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Ambivalence in Parenting



Ambivalence: The state of having mixed feelings or contradictory ideas about something or someone.

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Let's Talk Change

<u>Preparatory</u>	<u>Implementing</u>
• Desire	• Commitment
• Ability	• Activation
• Reason	• Taking Steps
• Need	

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Activity:
Drumming for Change Stomping for Sustain

1. I was trained to work with children not parents.
2. I don't have time to implement this approach.
3. I need to shift my practice to help parents feel more included.
4. I can't do this after one short conference presentation.
5. I will try the values activity with a few families.
6. I has been trying to leave space for more silence so parents can think about my inquiries.
7. My job would be easier if parent's took home what we are doing in services (treatment).

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Questions?



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References

1. Olin, S.S., Hoagwood, K.E., Rodriguez, J., Ramos, B., Burton, B., Penn, M., et al. (2010). The application of behavior change theory to family based services: Improving parent empowerment in children's mental health. *Journal of Family Studies*; 19 (4).
2. Miller, W.R., & Rollick, S. (2013). *Motivational interviewing: Helping people change* (3rd ed.). New York, NY: Guilford Press.

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Thank you!
Miriah de Matos, MPH, MA
American Academy of Pediatrics,
California Chapter 3
mdmatos@aapca3.org

First 5 First Steps **AAP-CA3** HEALTHY DEVELOPMENT SERVICES
