

Recovery from Substance Misuse: Pastoral Care, Counselling, and Treatment Part 2: Motivational Interviewing

Helping people who struggle with alcohol abuse and addiction requires skill. Good questions need to be asked, effective listening skills need to be employed, and most importantly the conversation needs to be directed toward change. In this session, we will learn the skills needed to conduct an interview that will help bring about change in people who struggle with alcohol addictions. The Motivational Interviewing is an evidence-based guide to having important conversations with hurting people and has proven to be an effective means of helping people break their addictive behavior patterns. Motivational Interviewing helps resolve ambivalence and elicits a person's own motivation for change.

Evan Parks is a licensed clinical psychologist working in the Budapest Care Center where he works with expatriates as well as Hungarian pastors and church leaders. Evan provides training, workshops, and seminars that equip people to understand and overcome personal problems like trauma, depression, anxiety, and burnout. In addition to his work at the Budapest Care Center, Dr. Parks is a professor with Liberty University graduate school, teaching in their online program.

I. Overview of Motivational Interviewing

A. The interviewing process

1. Engaging
2. Focusing
3. Evoking
4. Planning

II. Core Skills for Starting the Conversation

A. Where to begin (OARS)

1. Open questions
2. Affirmations
3. Reflections

4. Summaries

B. Focusing: An ongoing process of seeking and maintaining direction

1. Looking for the target behavior
2. Scaling questions

C. What to avoid

1. Assessing
2. Telling
3. Power
4. Labeling
5. Advice and information

III. Bring the Interview to a Close

A. Summary and key question

B. Change plan (SMART)

1. Specific
2. Measurable
3. Achievable
4. Relevant
5. Timed

Suggested Readings:

Miller, W. R., Rollnick, S. (2013). *Motivational interviewing: Preparing people for change* (third edition). New York: The Guilford Press.