

TRAUMA-INFORMED MOTIVATIONAL INTERVIEWING (TIMI)

Science of Change

The more someone talks about making change for themselves, the more likely they are to change.
Early in the change process, listen for any desire, ability, reason, or need to make change (DARN).

Trauma-Informed Motivational Interviewing Structure

- 1. Assess stress level. (Ensure they have executive functioning capacity.)**
 - a. “On a scale of 1 to 10. 1 being incredibly relaxed. 10 being stressed out and ready to explode. I’m curious how you are doing right now.”
 - b. If stressed, provide support before moving to the next step.
- 2. Establish a shared agenda. (Identify any changes that need discussing.)**
 - a. “I’m curious about what you would like to accomplish with our time together today.”
 - b. You can also add items by asking permission. “We talked about some medication options last month. I would love to continue that discussion if it is okay to put that on the agenda as well.”
- 3. Importance ruler:**
 - a. Ask: “On a scale from 1 to 10, with 1 being not at all important and 10 being extremely important: How important is it for you to make this change?”
 - b. And/or ask: “On a scale from 1 to 10, with 1 being not at all confident and 10 being extremely confident: How confident are you that could make this change?”
 - c. Follow up, starting with: “Tell me why you’re at (person’s answer) and not a (slightly lower number).”
 - d. Then: “I wonder what it would take for you to go from a (person’s answer) to, say, a (slightly higher number).”
- 4. Process with OARS:**
 - a. Open-ended Questions & Statements (cannot be answered with yes/no):
 - i. Begin questions with “What...”, “How...”, or “Why...”
 - ii. Try to ask only 1 question for every 2 statements, affirmations, reflections, and summaries.
 - iii. Turn questions to statements:
 1. Tell me more about...
 2. I’m interested in...
 3. I’ve been curious about...
 - b. Affirmations: Search for and acknowledge any positive action towards a goal (even positive thinking).
 - c. Reflections:
 - i. Simple Reflection: State back the person’s words.
 - ii. Complex Reflections: State the meaning you hear them communicating.
 - d. Summary: End conversations with a summary of what you believe are the main points.

How to Provide Advice While Empowering Personal Choice:

Ask – Offer – Ask

- 1. Ask** – Ask permission and explore what the person knows about the topic/issue.
 - a. “I would like to share some substance use treatment options with you, if that’s okay.”
 - b. “I wonder if you know anything about substance use treatment options in our community.”
- 2. Offer** – Offer advice. If possible, provide a menu of options (3 or 4 possible options, maximum).
- 3. Ask** - “I want to make sure I explained this well. Could you please repeat back what you heard?”