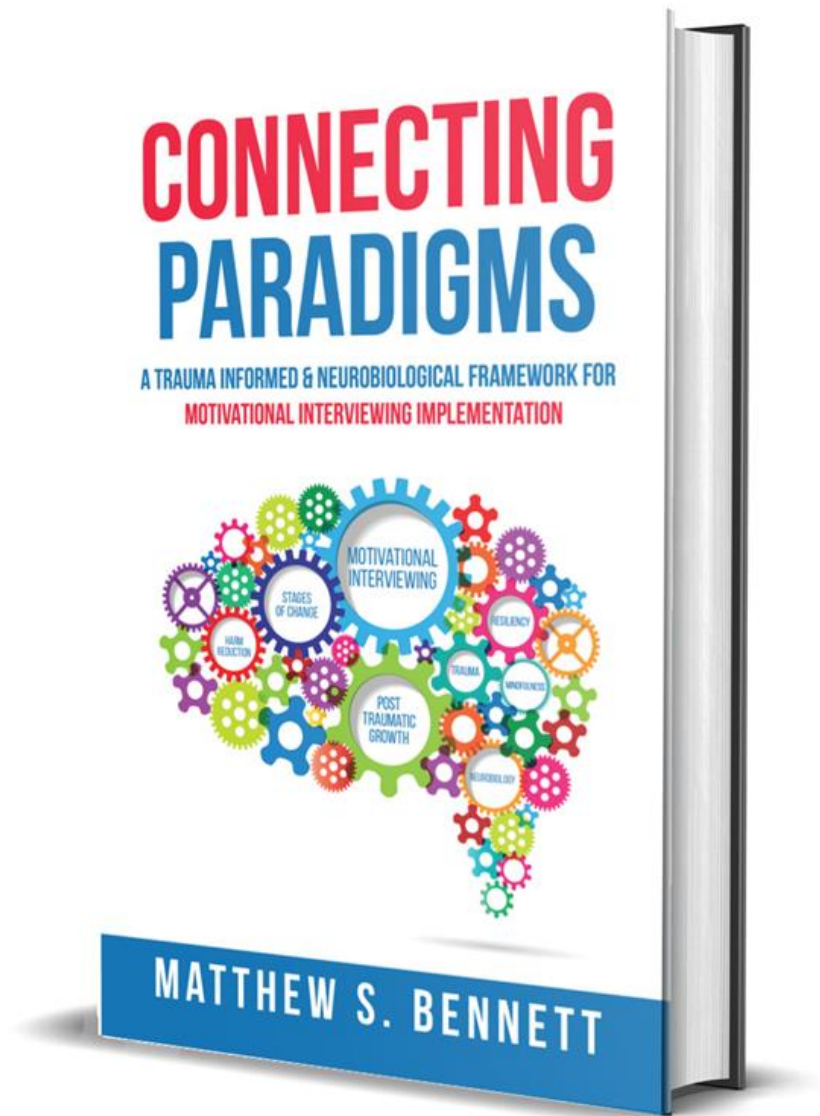




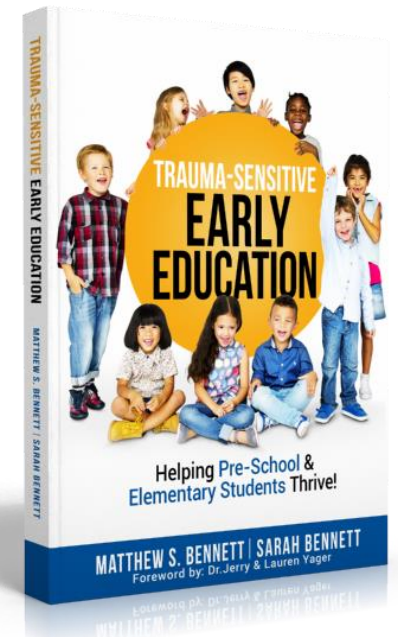
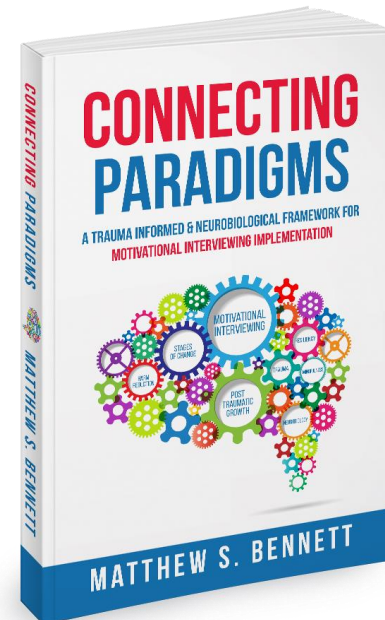
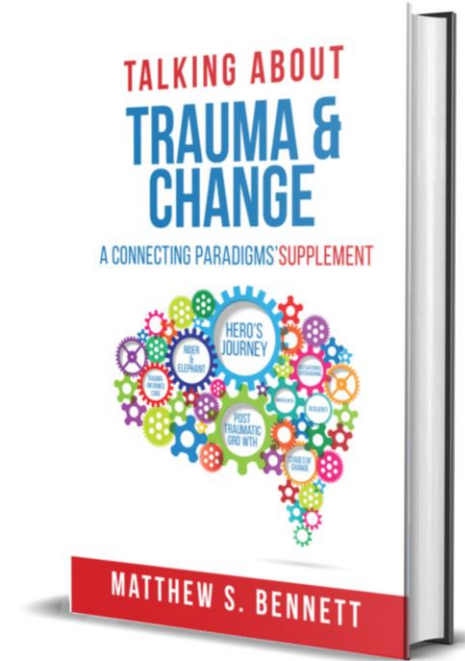
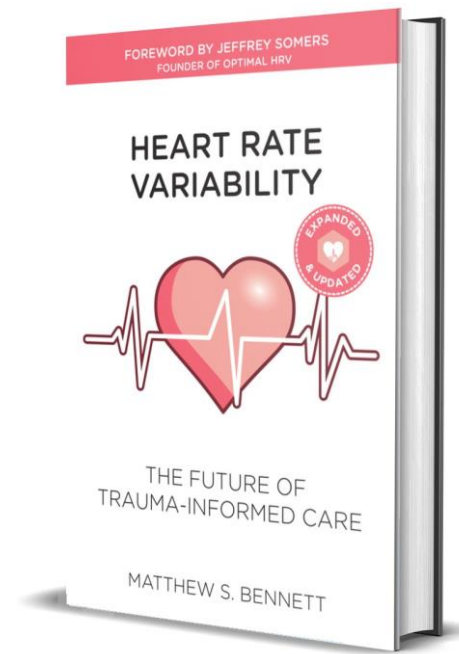
Connecting Paradigm: Trauma-Informed Motivational Interviewing

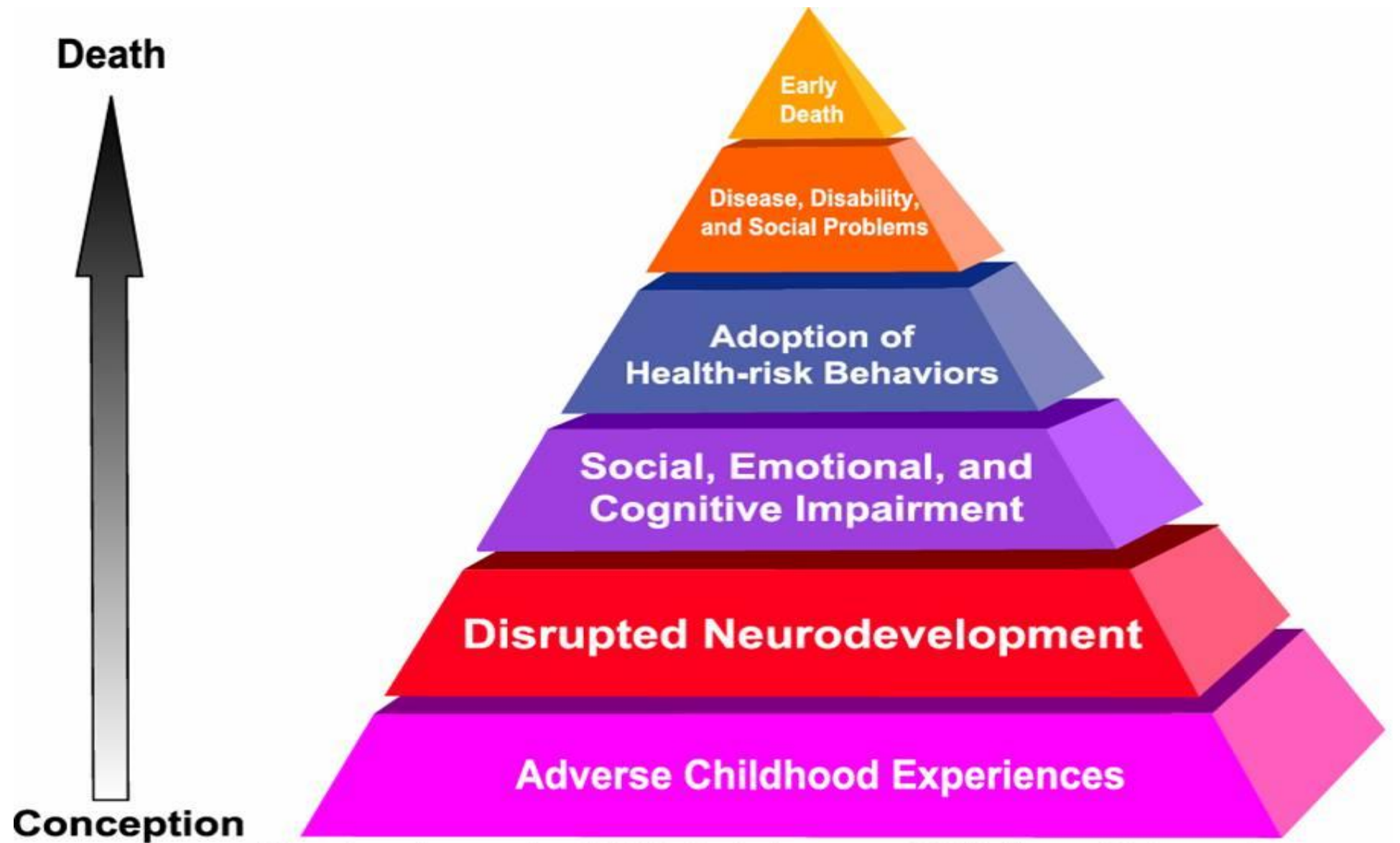
Matt Bennett

Welcome

Matt Bennett, MA, MBA

A desperate search for the *WHY*





Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

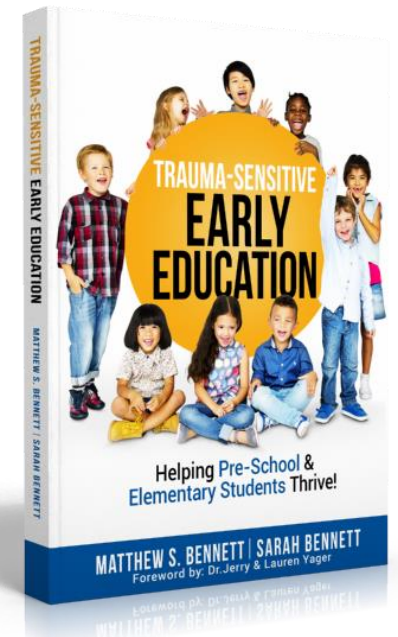
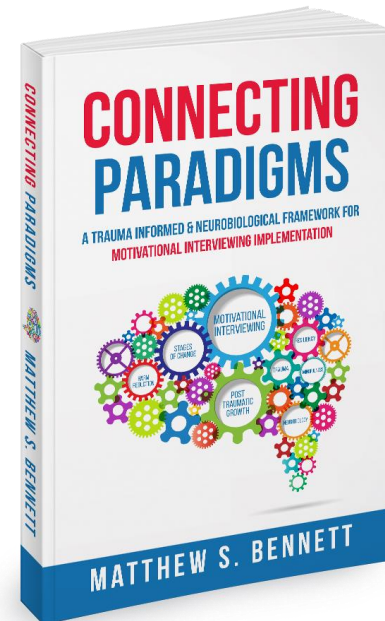
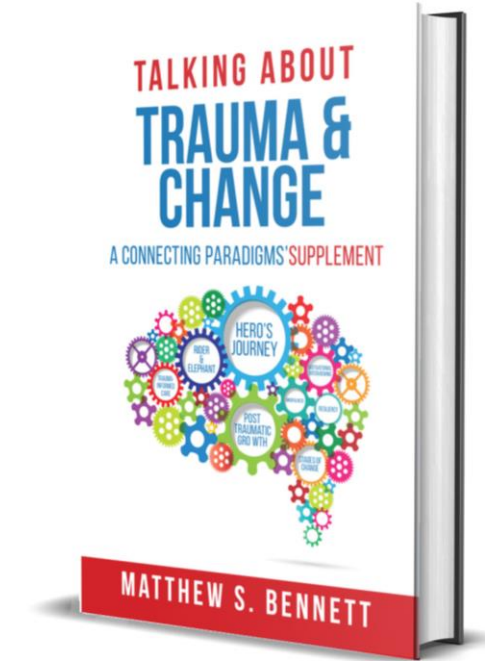
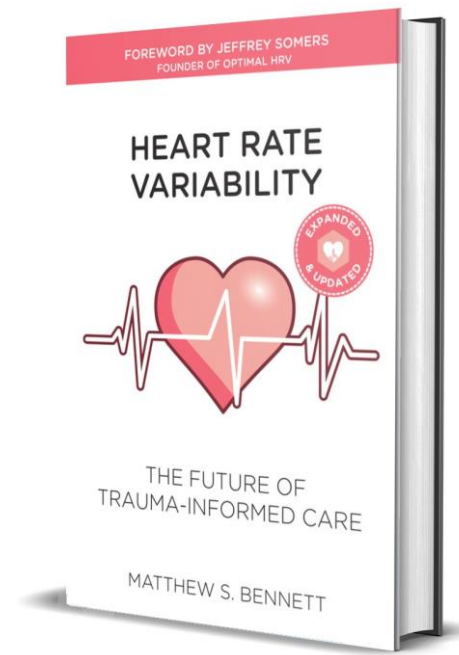
Matt Bennett, MA, MBA

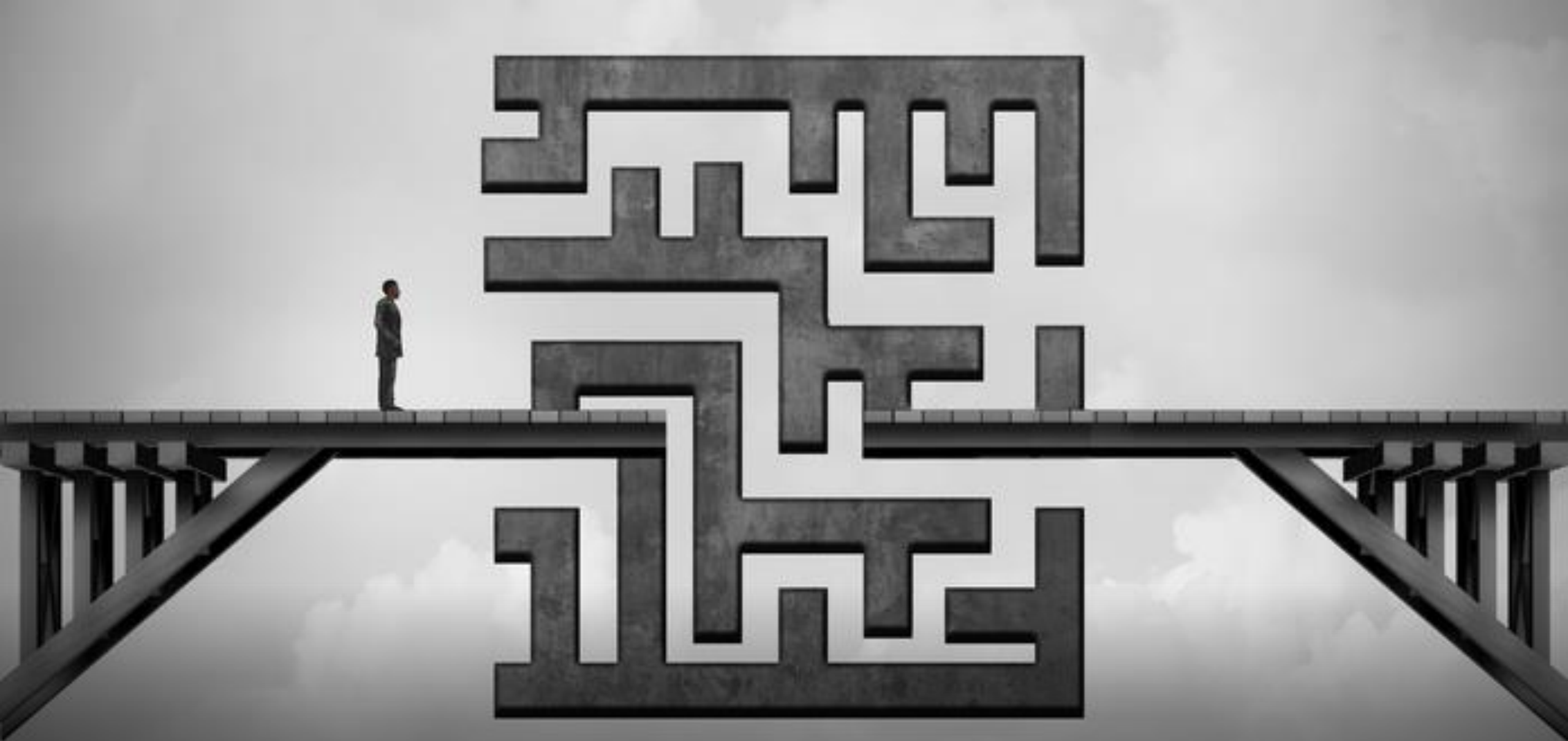
A desperate search for the *WHY*

Two parts of the trauma story

- Pain and Suffering
- Post-traumatic growth

The relationship between change and post-traumatic growth





**THINK ABOUT A CHANGE OR GROWTH CHALLENGE YOU
WOULD LIKE TO ACCOMPLISH, BUT HAVEN'T ACTED ON**

Defining Trauma- Informed Care & MI

Over 450,000 in Print

FOURTH EDITION

MOTIVATIONAL INTERVIEWING

HELPING PEOPLE CHANGE AND GROW

**William R. Miller
Stephen Rollnick**

“Motivational Interviewing is a particular way of talking with people about change and growth to strengthen their own motivation and commitment.”

- Miller & Rollnick

The Destroyer of Motivation: Stress

Growth and Change Requires

- A regulated nervous system
- Consider a future life
- Support from others
- Focus and attention
- Hope, confidence and self-efficacy
- Energy
- Positive mindset

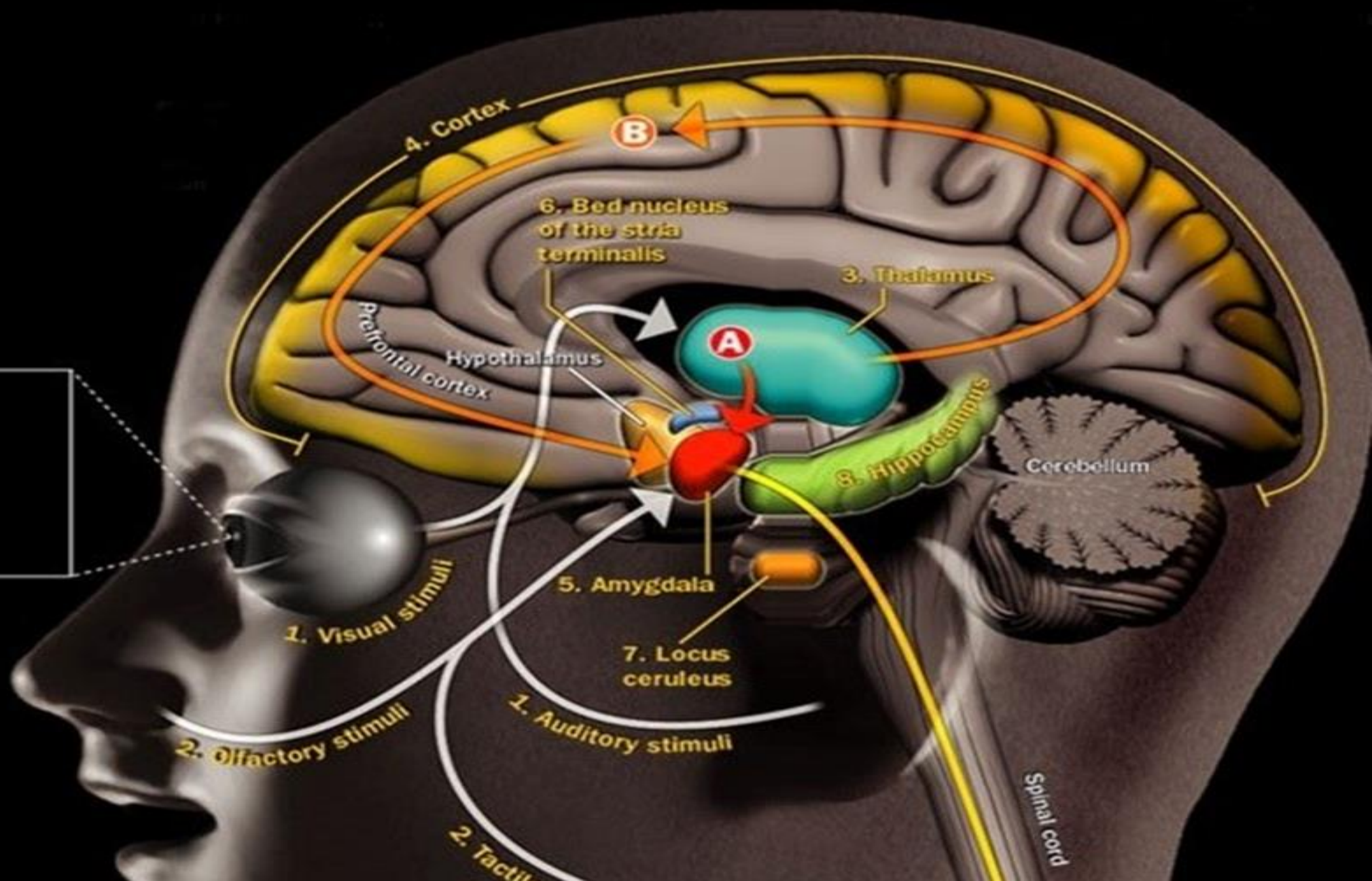
Stress and Trauma

- Dysregulates the nervous system
- Keeps people in the present or past
- Decreases social capacity
- Hinders the ability to think deeply
- Fear and hesitation
- Exhaustion
- Negative mindset

Stress & Trauma

- Good/Bad Stress and our perception and allostatic load
- Homeostasis
- Stress Intensifiers
 - Duration
 - Uncertainty
 - Importance
- Stress to trauma
 - Traumatic events: Events involving intense stress that overwhelms the person's capacity to cope. Results in an existence dominated by trauma for a period of time.
 - Chronic trauma: Living in a high-stress environment and in the shadow of the threat of traumatic events occurring at any time

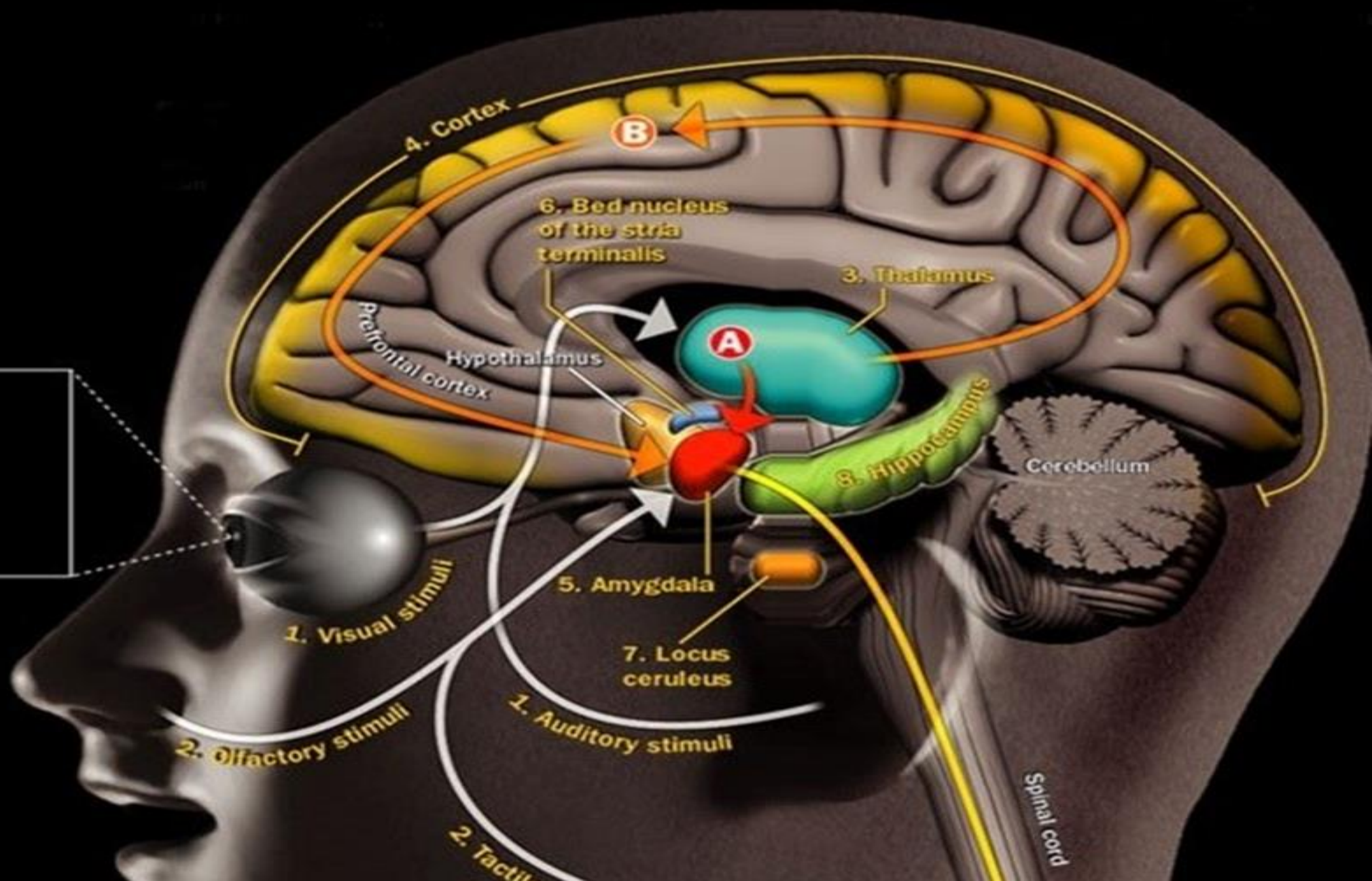






SUPER

- Squarely (relatively) face person
- Uncrossed arms and legs
- Predictable
- Eye contact (match)
- Relaxed behavior

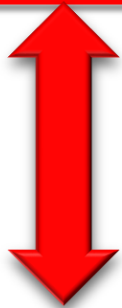


WINDOW OF EXECUTIVE FUNCTIONING

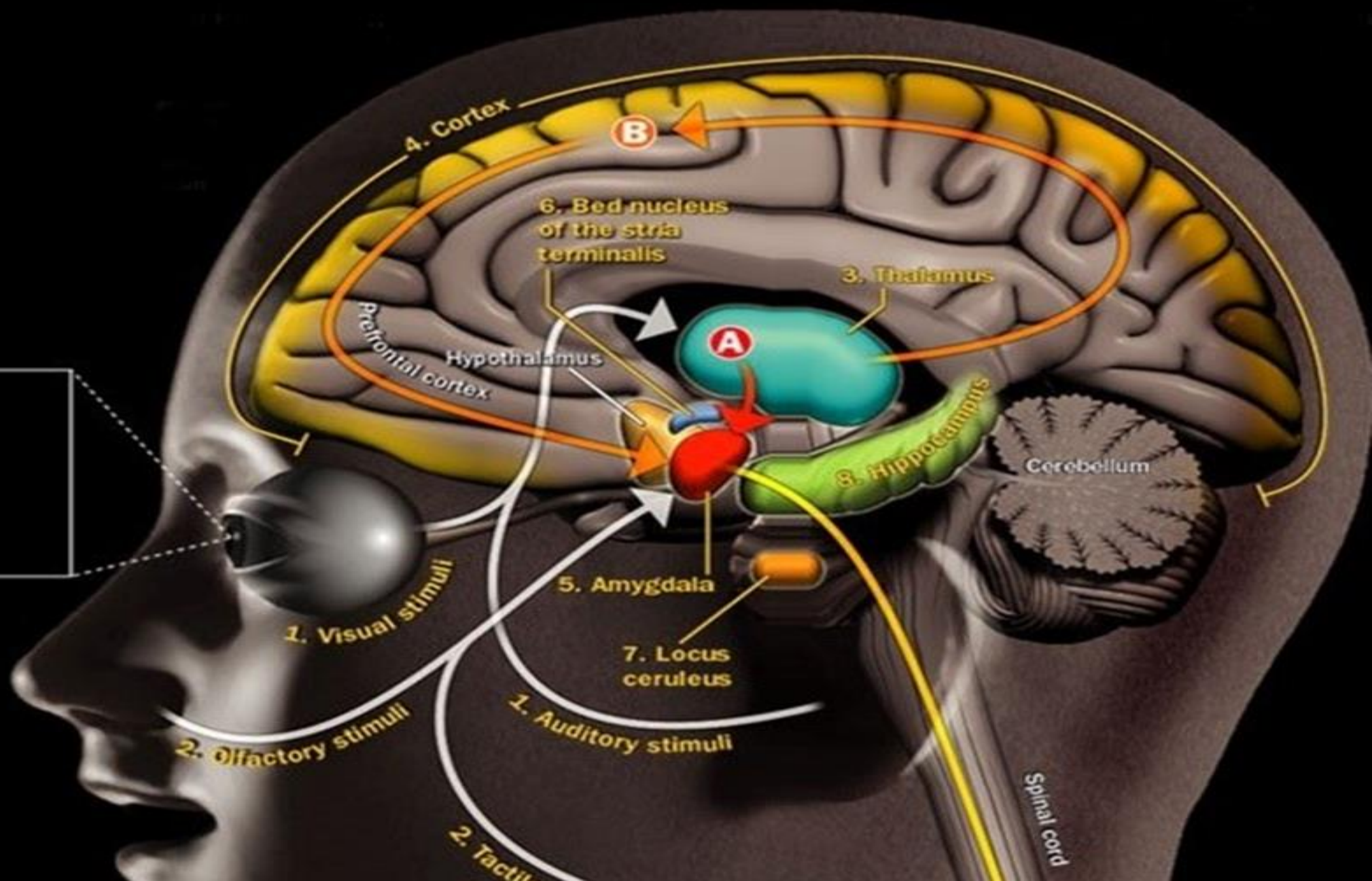
Flight – Fight – Freeze

Rigidity

Chaos



Window of Executive Functioning:
Emotionally regulated, cognitively engaged,
socially connected





Trauma & Personal Narratives

- Self

- Internalized failure – Given up
- Shame
- Unworthiness

- World (and systems)

- Survival
- Unfair
- Unsafe and out to get you

- Relationship (Attachment Templates)

- Avoidant
- Anxious
- Disorganized

GROUP QUESTION

How have you seen
trauma impact people's
life outcomes?

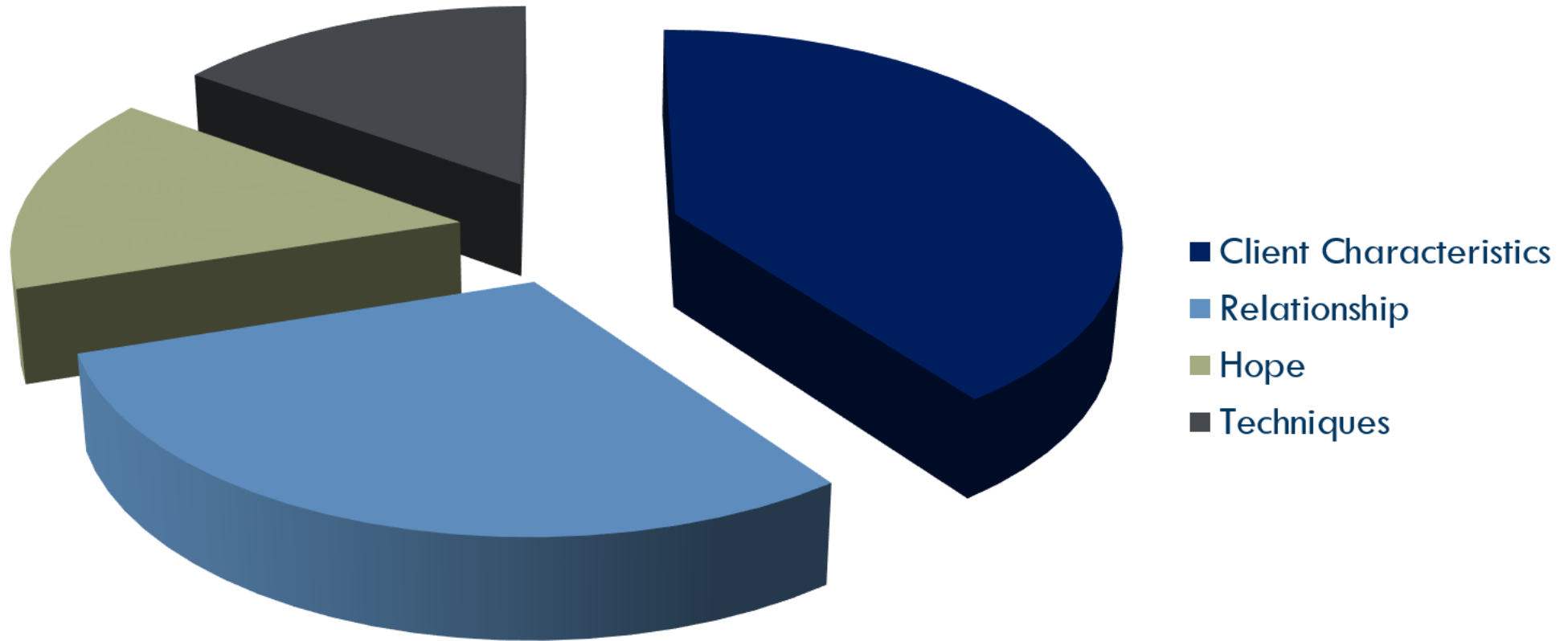


The TIMI Partnership

The Key Variable for Healing and Change

Relationships

Determinants of Successful Client Outcomes





“Recovery can take place only within the context of relationships; it cannot occur in isolation. In her renewed connections with other people, the survivor re-creates the psychological faculties that were damaged or deformed by the traumatic experience.”

– Judith Herman

Healing Relationships

Empathy is the foundation of trust: “An ability to understand another’s frame of reference and the conviction that it is worthwhile to do so”
Miller & Rollnick

Trust:

- Assured reliance on the character, ability, and strength of the helper in whom confidence is placed
- Promotes a neuroception of safety (i.e. psychological safety)

Trustful helping relationships trigger the release of oxytocin

- Brings on feelings of contentment, calm, and safety
- Increases opportunity for insight: Reflection on thinking, behavior, and emotions

Activating Healing Biology



Healing Relationships

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Trustful helping relationships trigger the release of oxytocin

- Brings on feelings of contentment, calm, and safety
 - Increases opportunity for insight: Reflection on thinking, behavior, and emotions
-
- Lack of trust triggers release of dihydrotestosterone (DHT)
 - Increases the likelihood of traumatic triggers
 - More likely to become anxious

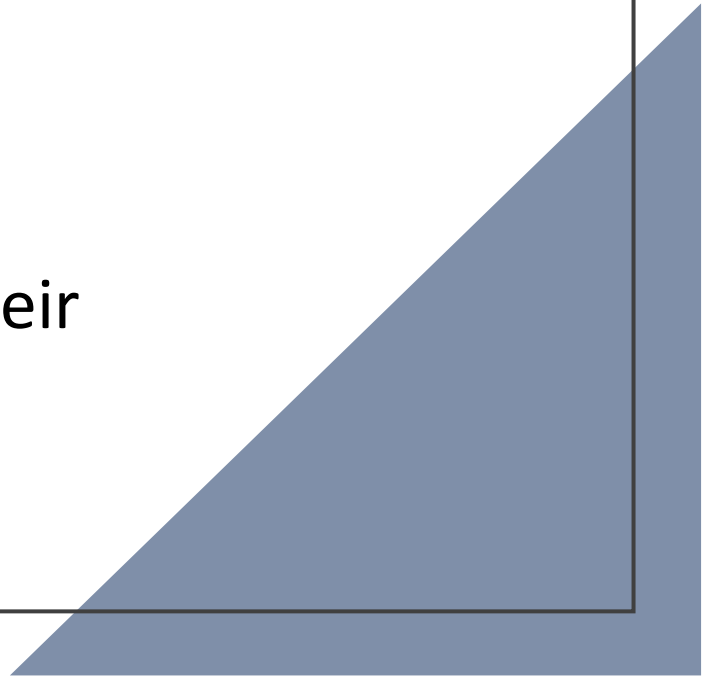


Spirit of Partnership



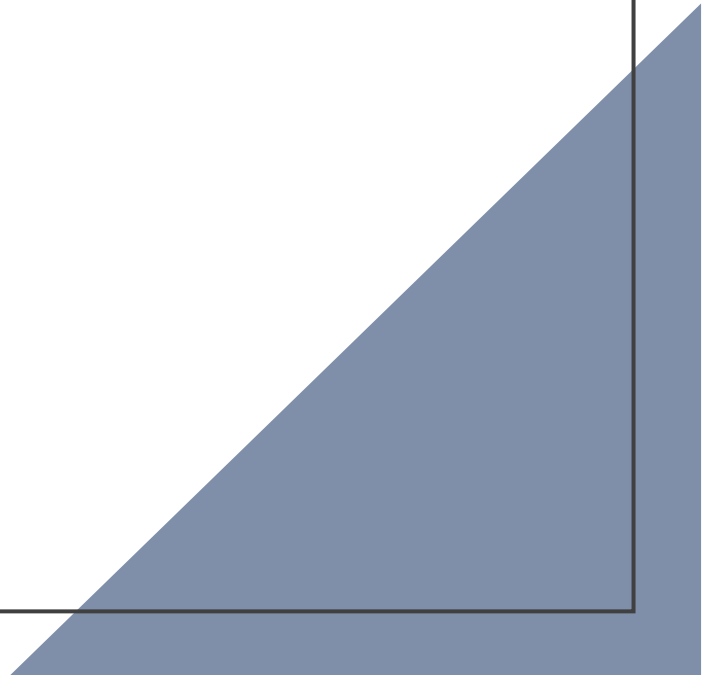
Defining Roles

- Person is in the driver's seat
- Clear expectations and boundaries
- The personal is the expert on themselves and their situation



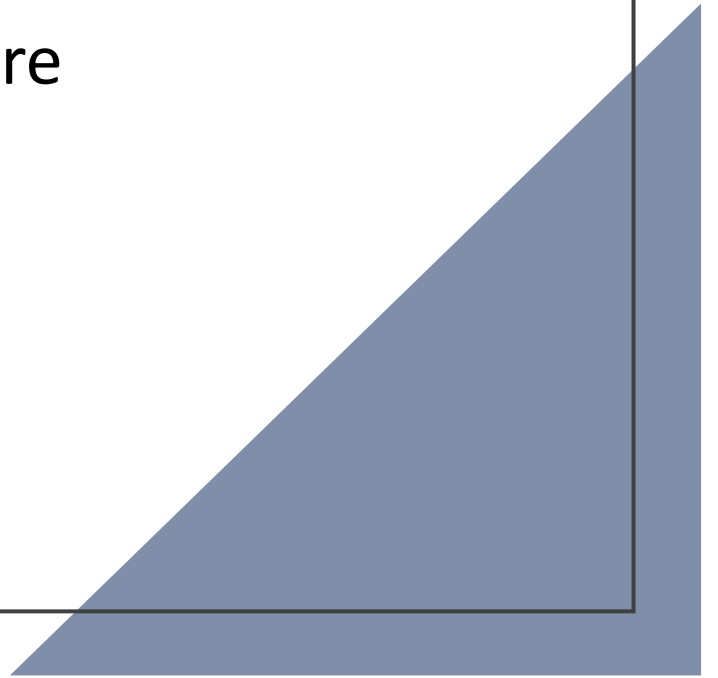
Guiding Style

- Guiding vs Directing/Following
- Power of asking permission
- Menu of options
- Exploring knowledge



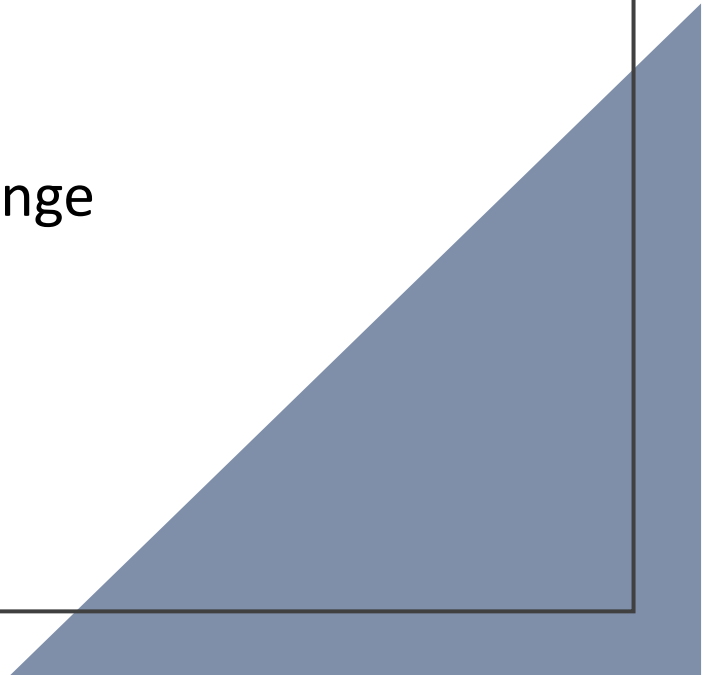
Empowerment

- Support works better than confrontation
- We should not work harder than the person we are helping (mostly)
- Avoid the Fixing Reflex



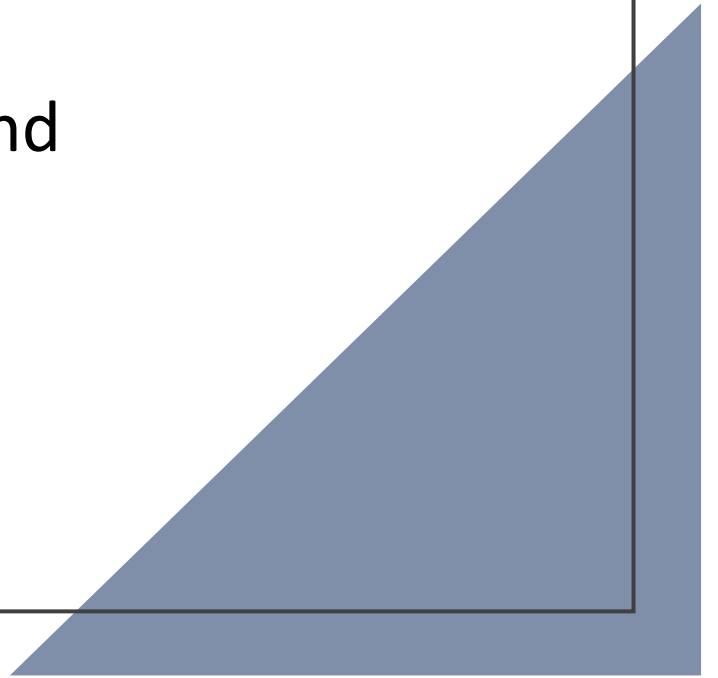
Motivation

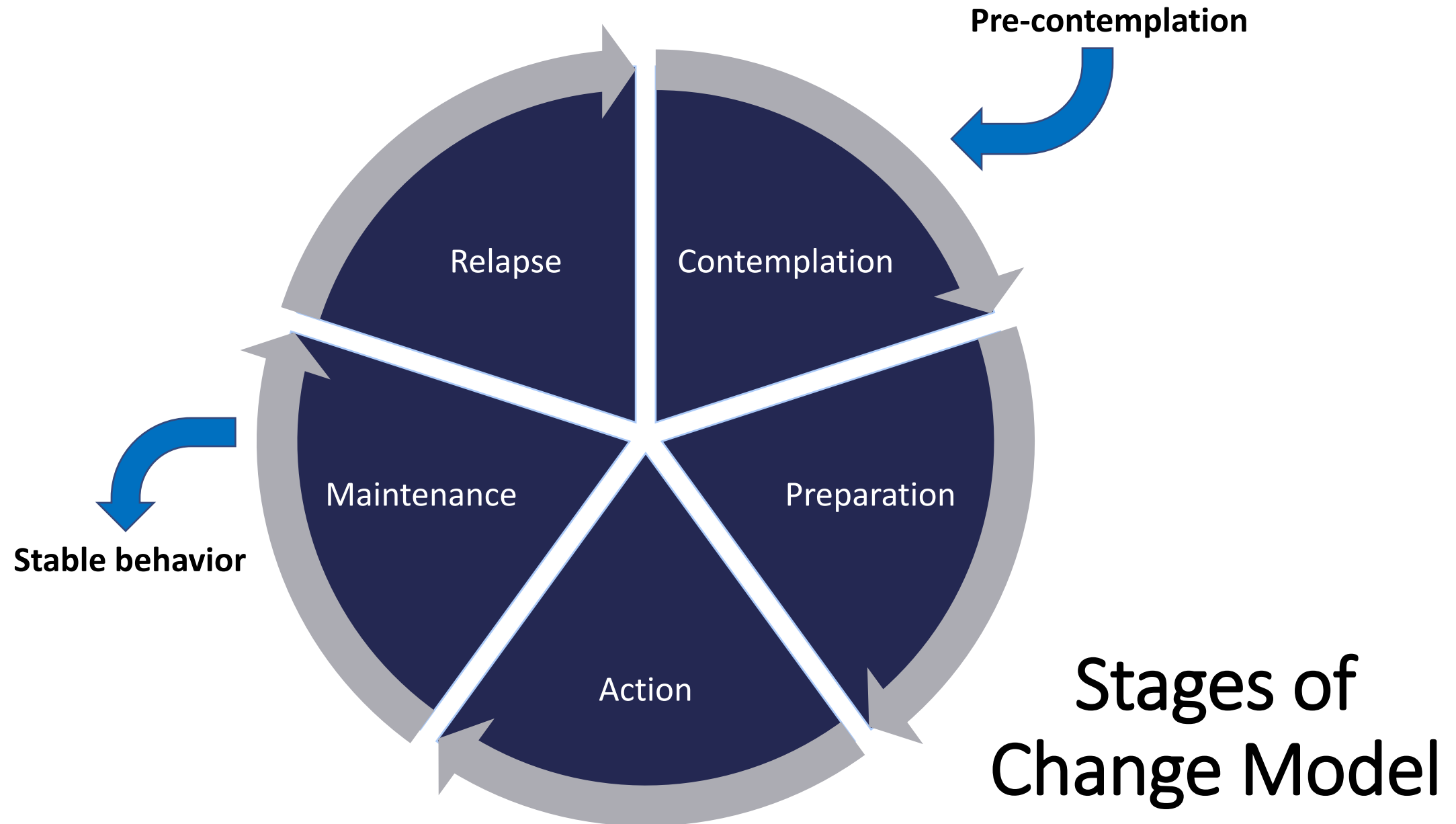
- *Motivation is whatever actually gets someone moving: acting, changing, or growing.*
- Change talk
 - Talk about the new behavior
 - Research: Increase in change talk predicts actual change
 - Your goal: Increase change talk
- Sustain talk – reasons to stay the same



A Little Harm Reduction

- As the partner: You can only enter the passenger seat if you meet them where they are at
- Getting a direction without pushing into goals and objectives – “I’m curious what you would like to accomplish in our work together.”
- A stress audit





Motivational Interviewing Hill



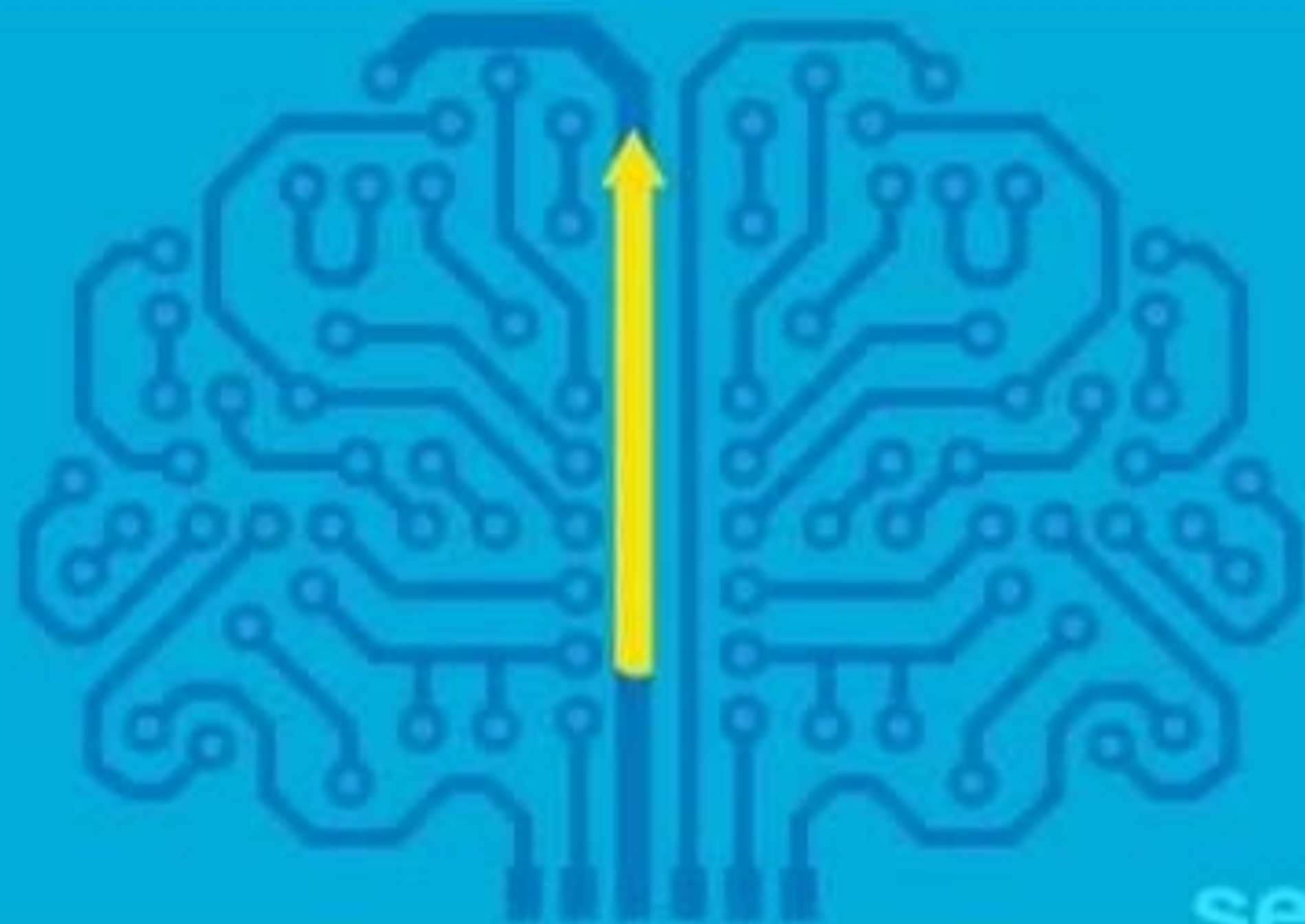
(Pre-) Contemplation

Preparation

Action

Ambivalence

- Ambivalence
 - Wanting more than one thing at the same time
 - The desired things are incompatible with each other
- Discrepancies are the differences between desired states and current reality
- Cognitive dissonance is a type of eustress, or good stress
 - Push: Discontented with the status quo, and/or
 - Pull: Unrealized opportunity to better a situation
- When stress becomes too great, people look for paths to resolve discrepancies



sentis

Trauma-Informed Motivational Interviewing TIMI

THE TIMI STRUCTURE

1. Assess stress level
2. Establish a shared agenda –
Identify change
3. Importance ruler
4. OARS to explore





INTERVIEW #13: EXAMPLE WITH A QUIET CLIENT

TRIGGER WARNING!

Open-Ended Statements & Questions

- Open vs. Closed
 - “Do you currently have a job?”
 - “Tell me about your employment history over the last several years.”
- 1:2 Ratio: One question for every two statements, affirmations, reflections, or summaries

Open-Ended Statements and Questions

- Questions are more likely to elicit defensive responses than statements
 - “How did your therapy appointment go last week?”
 - “I’ve been interested how your therapy appointment went last week.”
- Questions to statements
 - Tell me more about...
 - I’m interested in...
 - I’ve been curious about...
 - Help me understand...
 - I would love to know more about...

Reflections

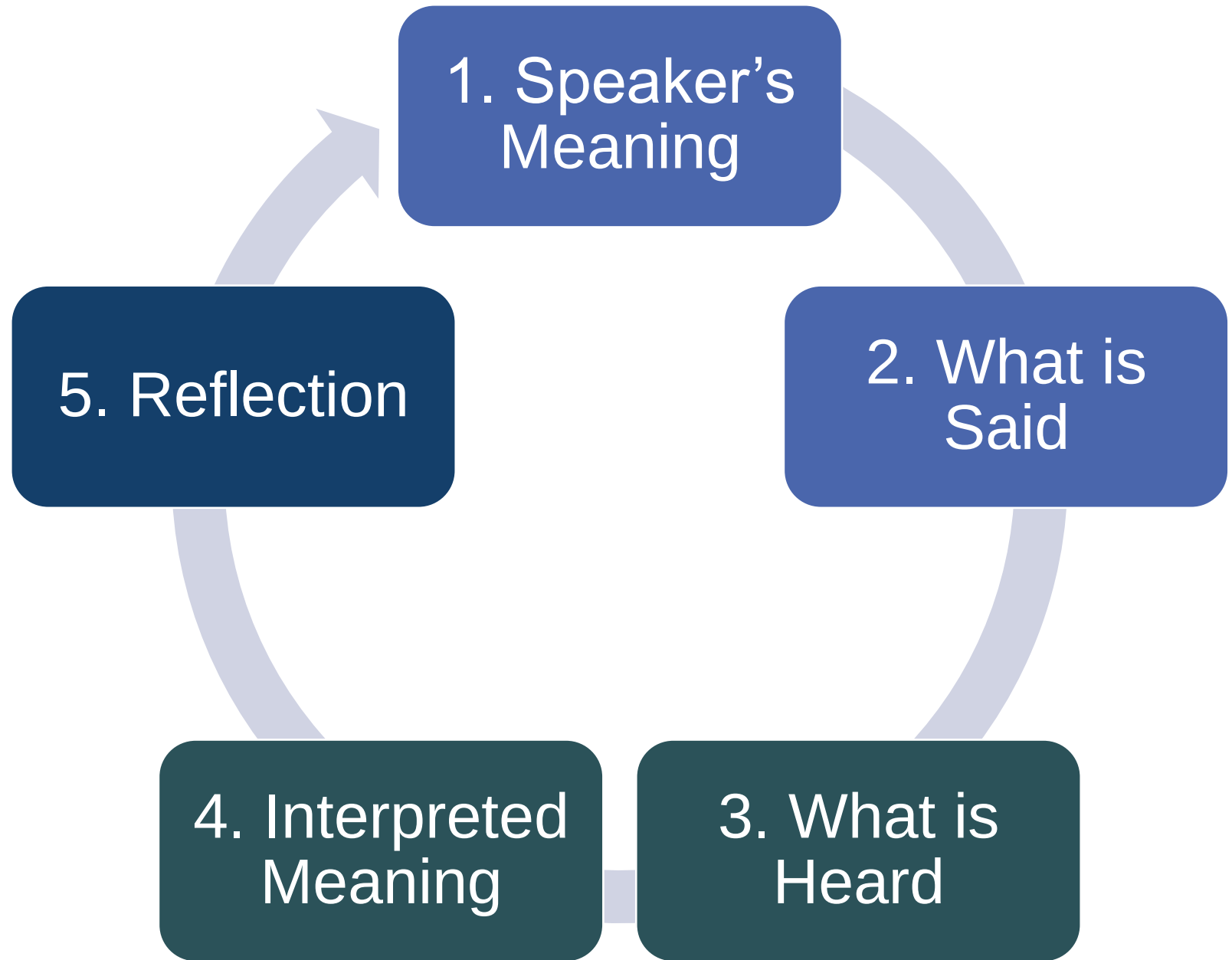
Simple reflection – words

Complex reflection - meaning

Simple Reflections

- Person: “I’ve tried quitting in the past, but it is so hard when all my friends and family use around me.”
- You: “You’ve tried to quit in the past.”
- You: “It is hard when friends and family use around you.”

Complex Reflections



Complex Reflections

- Person: “I’ve tried quitting in the past, but it is so hard when all my friends and family use around me.”
- You: “Your friends and family make it difficult to live the life you want.”
- You: “It seems there are obstacles that have prevented you from reaching your goal and sobriety is something that has been important to you.”

Summaries

- Reflections that bring together several things the person has stated
- Effective methods for
 - Ending conversation
 - Transitioning to other topics

THE TIMI STRUCTURE

1. Assess stress level
2. Establish a shared agenda –
Identify change
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4. OARS to explore



Strategies for Assessing & Managing Stress

- At the beginning of an interaction, ask
 - “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.”
 - “Great to see you. Tell me how you are doing today”
- If they are stressed, use OARS (and maybe low and slow breathing) to help co-regulate before moving to other agenda items or change conversations

THE TIMI STRUCTURE

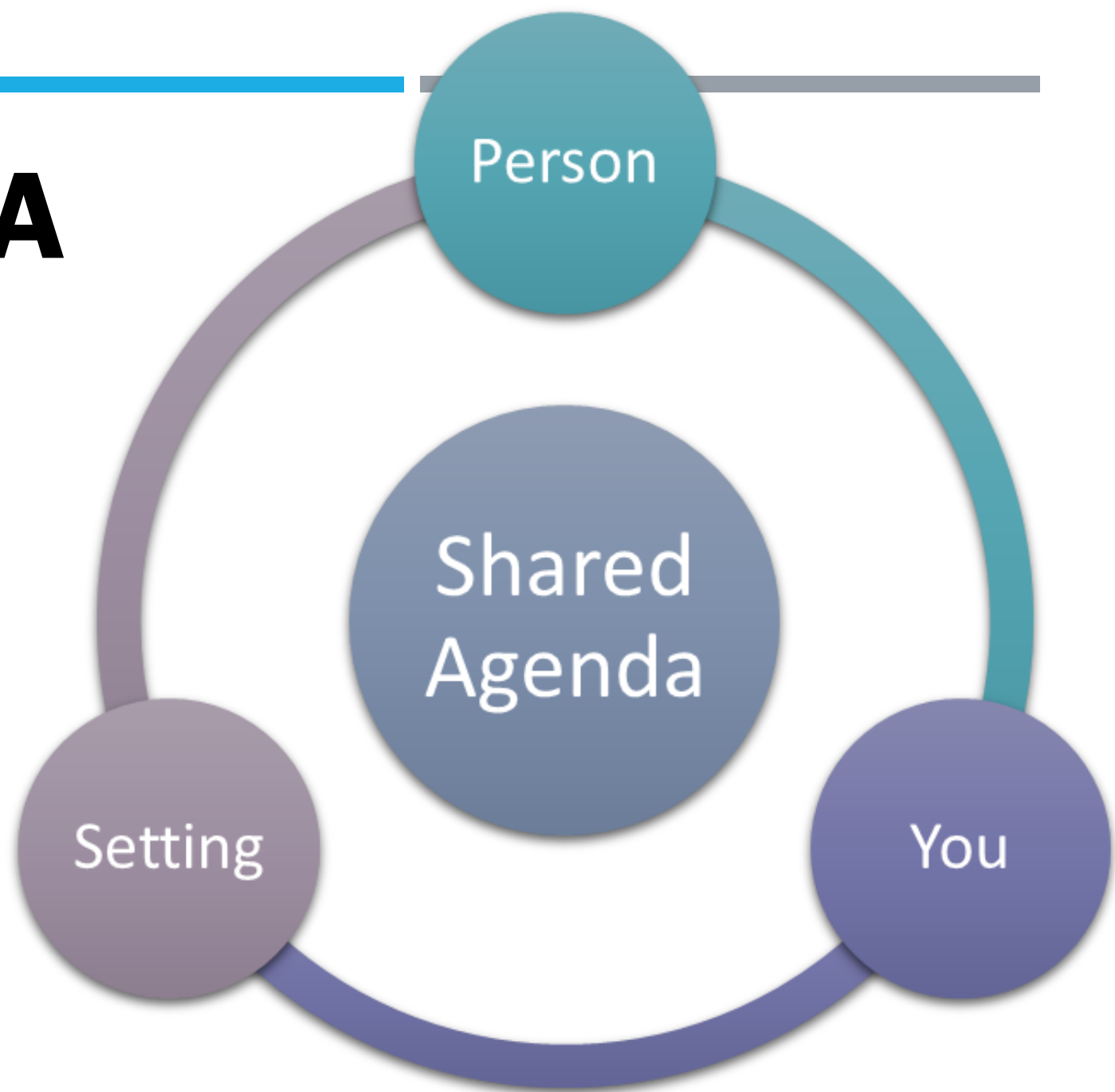
1. Assess stress level
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4. OARS to explore



SHARED AGENDA

I'm curious about what you would like to accomplish with our time together today.

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.



THE TIMI STRUCTURE

1. Assess stress level
2. Establish a shared agenda –
Identify change
3. Importance ruler
4. OARS to explore



The Importance Ruler

- Goals
 - Elicit preparatory change talk – change talk predicts change
 - Increase the importance the change holds for the person
 - Increase person's self-confidence in their ability to make the change
- On a scale from 1 to 10 with 1 being not at all important and 10 being extremely important: *I'm curious how important is it for you to make this change.*
- On a scale from 1 to 10 with 1 being not at all confident and 10 being extremely confident: *I'm curious how confident are you that could make this change.*

Following Importance Ruler Questions

- You: “On a scale from 1 to 10, with 1 being not at all confident and 10 being extremely confident, I’m curious how confident are you that you could maintain adherence.”
- Person: “3”
 - You: “Tell me why you are at 3 and not a 1.”
 - You: “I wonder what it would it take for you to go from a 3 to, say, a 4 or 5.”
- Person: “1”
 - You: “I’m interested in what it would take for you to go from a 1 to, say, a 2 or 3.”

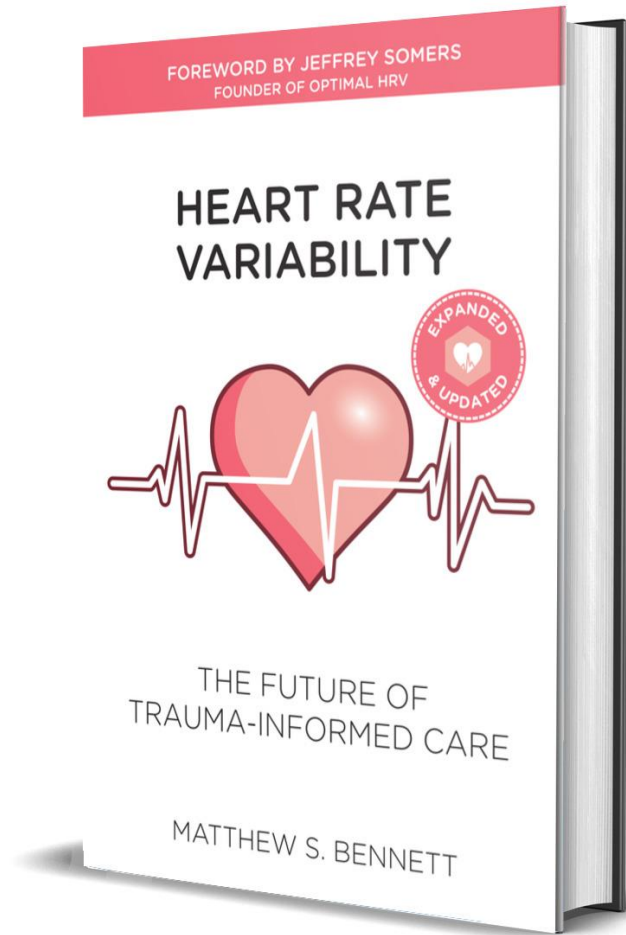
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INTERVIEW #1: BRINGING THE PIECES TOGETHER



MATT BENNETT, MA, MBA

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- Thank you for all your work!