THE HOME FOR LITTLE WANDERERS

BETTER, BRIGHTER FUTURES FOR KIDS

Spirit of Motivational Interviewing

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Vision Statement

To create an inclusive environment where everyone's identities, experiences, unique knowledge and perspectives are valued. Our hope is that learners leave trainings with increased confidence about who they are in the work and have further developed their voice and skills to support youth, families and each other.

Training Norms

THE HOME FOR LITTLE WANDERERS

I will:

1. Explore my own biases and identify my assumptions
2. Be a mindful listener, and listen to understand
3. Be present
4. Ask questions and stay curious
5. Pay attention to and use the pronouns shared by others
6. “Speak from I” - my own experience/perspective
7. Consider the intent vs. impact of my words on others and others on me
8. Take space / Make space
9. Take the lessons, leave the details

Learning Objectives

Participants will:

1. Understand the Spirit of MI

ACTIVITY: mentimeter

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Please use this QR code to access our group mentimeter. Read the prompt, and share as many words or phrases as you wish!

The Spirit of MI

Partnership

Acceptance

Compassion

Empowerment

Technical skills are hollow without the Spirit of MI – Miller and Rollnick

Partnership

- Power-with
- A collaboration between two experts: the person and the helper

Acceptance

"People have inherent worth and do not need to prove that they deserve respect"

- Miller and Rollnick

Compassion

What is the difference between sympathy and compassion?

The helper seeks the best interest of the person, and works for the benefit of the person, not the helper.

Empowerment

- Power-from-within
- The helper works to draw out the person's own wisdom, experience, and expertise
- Autonomy support

The Spirit of MI

In pairs, tell your partner more about the person who helped you change and grow. Give your partner specific examples of how they embodied each aspect of the Spirit of MI.

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