

# What More Can Be Done to Prevent Teen Pregnancy?

How Motivational Interviewing Can Enhance Your Practice

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## Facilitators

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## CHAT BOX

Who is in the audience?

- Name
- Organization

What motivated you to attend today's Webinar?

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## Objectives

At the conclusion of this 90-minute Webinar, participants will be able to do the following:

- Define motivational interviewing.
- Explain the spirit of motivational interviewing.
- Identify ways to integrate motivational interviewing into teen pregnancy prevention practice and/or programs.

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## Webinar Platform

- Chat boxes
- Polls
- Question boxes

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## POLL

True or False?

After today's Webinar, you will be an expert in motivational interviewing.

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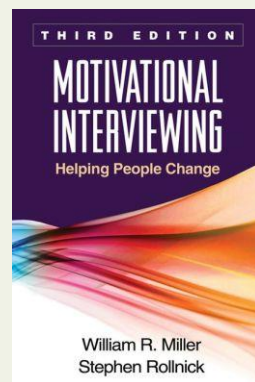
## Overview of Motivational Interviewing

7

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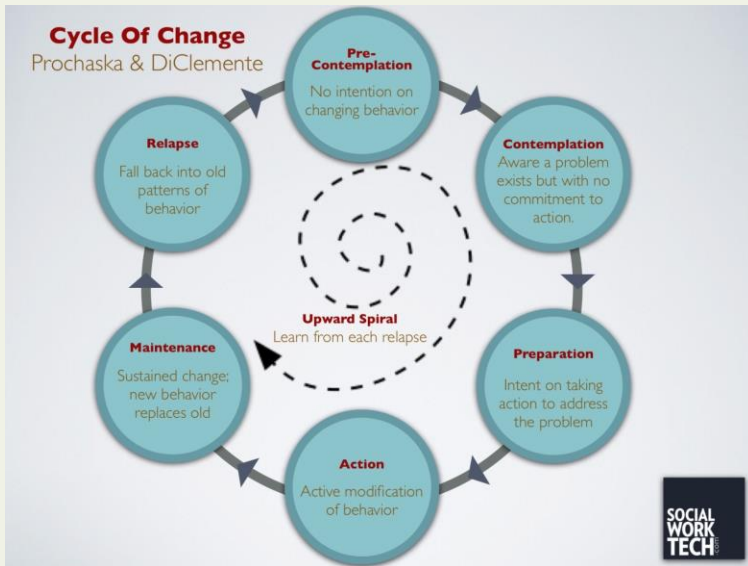
“Motivational interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.”

(Miller & Rollnick, 2013, p.12)



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[http://socialworktech.com/wp-content/uploads/2012/01/prochaska\\_diclemente\\_cycle-of-change.jpg](http://socialworktech.com/wp-content/uploads/2012/01/prochaska_diclemente_cycle-of-change.jpg)  
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## Communication Style

Directing ↔ Guiding ↔ Following

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POLL

Which style of communication is used in the following statement?

*Come back in 12 weeks for your next Depo-Provera injection.*

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POLL

Which style of communication is used in the following statement?

*I have been in your shoes before.*

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POLL

Which style of communication is used in the following statement?

*What gets in the way of decreasing your alcohol use?*

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POLL

Which style of communication is used in the following statement?

*What do you want for your future?*

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POLL

Which style of communication is used in the following statement?

*Put the doughnut down.*

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POLL

Which style of communication is used in the following statement?

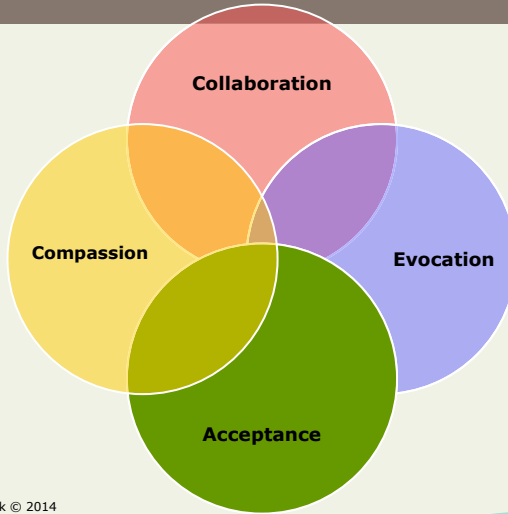
*I am here for you when you need me.*

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## Spirit of Motivational Interviewing



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## Changing One's Behavior...

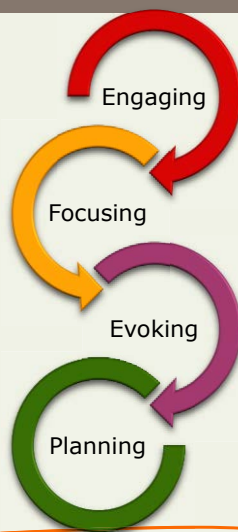
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# CHAT

Why do you think some people find it challenging to maintain a work-life balance?

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# Four Motivational Interviewing Processes



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Engaging

Focusing

Looking

Planning

**Ambivalence**

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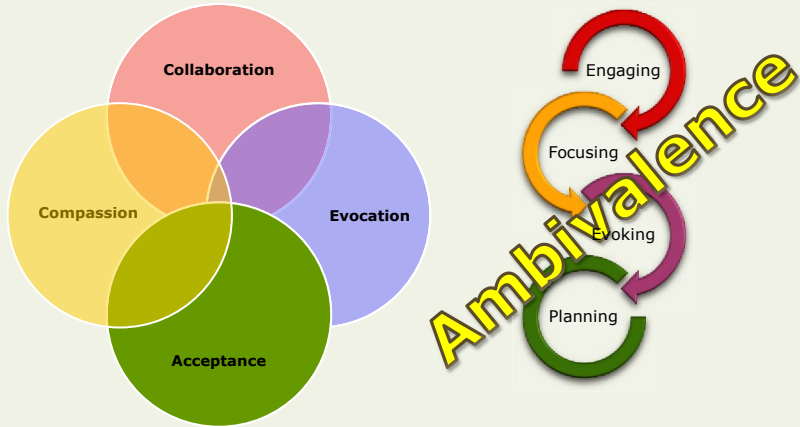
## CHAT

What could a practitioner do to help Cade resolve his ambivalence to using condoms?



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# Improving Your Motivational Interviewing Practice



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# Motivational Interviewing Skills



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## Develop Discrepancy

OARS

DARN CAT

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## Develop Discrepancy

Awareness of a “discrepancy” or gap between present state and desired goal.

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## OARS

- Open-ended questions
- Affirmations
- Reflections
- Summaries

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## DARN CAT

- Desire
- Ability
- Reason
- Need

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## DARN CAT

- Desire
- Ability
- Reason
- Need

**CHAT BOX**

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## DARN CAT

- Desire
- Ability
- Reason
- Need
- **Commitment**
- **Activation**
- **Taking steps**

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# DARN CAT

## Poll:

Which of the following statements are examples of DARN CAT?

1. I want to wait until I have a career before I have a child.
2. I want to be the same person tomorrow as I am today.
3. Texting during class is distracting me- I can't fail my class!
4. I will start paying back my loan.
5. I already tried leaving the house earlier so I'm not late to soccer practice.

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## Putting It All Together

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## Role-Play #1: Alexis is Persuaded



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## Role-Play #2: Alexis is Motivated



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## Role-Play #3: Carla is Motivated



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## Using Motivational Interviewing

- Communication style
- Intake forms
- Individual counseling sessions
- Before, during, and after group intervention
- Follow-up calls

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## Motivational Interviewing: Individual and Group Setting



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## Chat/Open Phone Lines

What benefits do you anticipate?


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## Chat/Open Phone Lines

What challenges do you anticipate?


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## POLL

How motivated are you to consider integrating motivational interviewing into your practice after today's Webinar?

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Q & A



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Thank You!

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## Resources

- **Motivational Interviewing Defined**  
<http://www.motivationalinterview.org/Documents/1%20A%20MI%20Definition%20Principles%20&%20Approach%20V4%20012911.pdf>
- **Motivational Interviewing Website**  
<http://www.motivationalinterview.org/>
- **Motivational Interviewing Network of Trainers (MINT):**  
<http://www.motivationalinterviewing.org/>

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