

MODULE 10:

Integrating Motivational Approaches Into Practice

Preparation Checklist

- Review Getting Started (page 6) for preparation information.
- Preview Module 10.
- Post on the training room wall the Class Rules and *all* the newsprint pages and posters generated throughout the training.
- Bring the overheads (in order) from the nine preceding modules.
- Decide when you will be conducting Module 11, the posttraining followup to measure how participants are applying their skills. Set a date within 3 to 6 months of today to present the followup module.
- Prepare a large Readiness Ruler by taping together multiple pieces of newsprint and drawing the ruler (see Handout 1-2). The ruler should be large enough that people can stand in front of it at different points along its length.
- Prepare a list of local resources for further training and support for participants. The list could include—
 - Additional inservice training events your program plans to offer;
 - Training events in your community (you can find a list of motivational interviewing trainers in your area at www.motivationalinterview.org);
 - Individuals in your treatment program with particular expertise in motivational enhancement approaches who would be willing to serve as mentors to clinicians;
 - If appropriate, your e-mail address or telephone extension number and an invitation for participants to contact you if they have questions or issues; and
 - A list of books, articles, and videos available in your program.
- Prepare one training evaluation form for each participant. Use your program's standard inservice training evaluation form.
- Prepare a personalized training completion certificate for each participant.
- Obtain a CD of "Pomp and Circumstance," if possible, to play during the completion ceremony.
- Optional: Bring beverages and snacks for social time after completion certificates are awarded.

Overview of Module 10

Module 10 Goals and Objective

Goals:

- To provide a review of the EMCIT program; and
- To assist participants in developing a practice integration plan.

Objective: Participants who complete Module 10 will develop a personal practice integration plan.

Content Timeline

Introduction	20 minutes
Exercise: Readiness Ruler	15 minutes
Small-Group Discussion of Participants' Practice Integration Logs	20 minutes
Exercise: Developing a Practice Integration Plan	45 minutes
EMCIT Evaluation	10 minutes
Program Completion Ceremony	10 minutes
Total Time	2 hours



20 minutes



OH #10-1



15 minutes



20 minutes



Handout 1-1



OH #10-2

Introduction

Welcome and Review

Welcome participants as they enter the room, and ask them to review the EMCIT training by—

- Walking around the room and looking at the posters and newspaper pages posted on the wall; and
- Reviewing their notes and handouts.

Give participants 5 minutes to walk around and review the posters and newspaper pages.

Tell participants that you will now provide a “concert review” of the program by showing each of the overheads as music plays.

Encourage participants to stop the review if they have a question about the topic displayed.

Allow sufficient time for each slide to be read.

Exercise: Readiness Ruler

Post the large readiness ruler on the wall.

Ask participants to take a few minutes to think about how they would assess their current readiness to—

- Integrate new counseling techniques and behaviors into their practice; and
- Seek additional training and supervised experience.

Ask participants to get up and stand in front of the wall ruler at the appropriate point.

Use motivational enhancement skills to facilitate discussion of each participant’s indicated level of readiness for change.

Small-Group Discussion of Participants’ Practice Integration Logs

Refer participants to Handout 1-1: Practice Integration Worksheet.

Tell participants that they will have 20 minutes to discuss in small groups the integration ideas and issues they have documented.

Divide the training group into several small groups, ensuring that there are three to five participants in each group.

Tell participants to use the questions listed on the overhead to guide their discussion.

Walk around the room, and spend a few minutes with each group.



45 minutes



Handouts 10-1,
10-2, and 1-1



10 minutes

Exercise: Developing a Practice Integration Plan

Tell participants that they now will work on developing a plan for integrating motivational enhancement approaches into their practice.

Tell participants that you will be presenting a posttraining followup module to look at how participants have been able to apply what they have learned. Give participants the date for the followup (Module 11).

Give participants—

- Handout 10-1, Resources for Further Study;
- The list of local training resources you prepared; and
- Handout 10-2, Practice Integration Plan.

Tell participants to use the following resources as they develop their plans:

- Handout 1-1: Practice Integration Worksheet;
- Any additional ideas they heard in the small-group discussion;
- Handout 10-1, Resources for Further Study; and
- The list of local training resources.

Tell participants also to consider their level of readiness for change as indicated on their readiness rulers.

Encourage participants to ask you for assistance if they need it.

Allow 30 minutes for participants to develop their plans.

Ask participants to walk around the room, find a partner, share their plans, and listen to their partner's plan.

Tell participants to then find another partner and repeat the process.

Encourage participants to use reflective listening and affirmation as they listen to one another's plans.

Collect each participant's plan, make a copy, and return the plan to the participant. You can then mail the copy to the participant several weeks before the followup session as a reminder.

EMCIT Evaluation

Give all participants a copy of the evaluation form, and ask them to complete the form and turn it in.



10 minutes

Program Completion Ceremony

Thank participants for attending the training and for their active participation.

Affirm their interest in enhancing their practice.

Put “Pomp and Circumstance” (or other upbeat music) in the CD player.

Call out each participant’s name, and present the person’s completion certificate.

Encourage participants to applaud one another.

Invite participants to stay for refreshments (if you have brought them).



Handout 10-1: Resources for Further Study

Reading

- *Motivational Interviewing: Preparing People for Change*, Second Edition, by William R. Miller and Stephen Rollnick. New York: Guilford Press, 2002.
- *Changing for Good*, by James Prochaska, John Norcross, and Carlo DiClemente. New York: William Morrow and Co., 1994.

Web Site

www.motivationalinterview.org

This site, maintained by the Mid-Atlantic Addiction Technology Transfer Center in cooperation with the Motivational Interviewing Network of Trainers (MINT), William R. Miller, Ph.D., and Stephen Rollnick, Ph.D., provides general information about motivational interviewing, clinical session transcripts, links, training resources, and information on reprints and recent research.

You also can find trainers in your area by searching the MINT database on the site.

Federal Government Resources

The following are general resources for substance abuse treatment information.

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Substance Abuse Treatment Facility Locator www.findtreatment.samhsa.gov/facilitylocator.doc.htm

SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI)

SAMHSA's NCADI offers thousands of publications (most of them are free) and runs a 24-hour helpline (English and Spanish) for SAMHSA. Helpline operators can answer questions about substance use disorders, suggest written resources, and make treatment referrals using the national Substance Abuse Treatment Facility Locator.

11420 Rockville Pike
Rockville, MD 20852
Helpline: 800-729-6686
Local number: 301-770-5800
TDD: 800-487-4889
www.ncadi.samhsa.gov

SAMHSA's National Mental Health Information Center
800-789-2647
TDD: 866-889-2647
www.mentalhealth.samhsa.gov

SAMHSA's Center for Substance Abuse Treatment (CSAT)
www.csat.samhsa.gov

SAMHSA's Center for Substance Abuse Prevention (CSAP)
www.csap.samhsa.gov



Handout 10-2: Practice Integration Plan

1. I plan to integrate specific motivational enhancement techniques into the following areas of my practice (e.g., use decisional balancing exercises with my treatment waiting list clients, use a readiness assessment instrument with _____ [number] of my intake clients):

2. To meet these goals, I will need to do the following (e.g., ask for supervision, read more about the techniques, attend advanced training):

Plan of Action	When

3. The first steps I plan to take are

a. _____

b. _____

c. _____

d. _____



4. Some things that could interfere with my plan are (e.g., any program or personal barriers you identified on Handout 1-1: Practice Integration Worksheet)

5. Some ways I could get around these barriers are

6. The following people (include supervisors, potential mentors, and so on) could help me change in the following ways:

Person	Possible Ways To Help