

Motivational Interviewing for Victim Advocates
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About the course:

With nearly 40 years of research, Motivational Interviewing (MI) is now widely utilized as a style of communicating with people who are in the process of healing or growing. MI helps ignite a person's intrinsic motivations to make decisions, change habits, and to, overall, become his/her best self. Using an MI approach, an advocate will aim to evoke the victim's own reasons and strategies for change and growth using specific skills like, evocative questions, affirmations, and complex reflections. MI is grounded in the assumption that when a person is hesitant to make changes or big decisions, it is often because he/she has unresolved ambivalence about change. The same could be said for victims/ survivors who feel: ambivalent about reporting violence, ambivalent about seeking treatment or counseling, ambivalent about leaving an abusive relationship, or feel ambivalent about participating in the justice system. More importantly, because MI is a victim-centered approach, which emphasizes autonomy, compassion, and respecting boundaries, MI offers away to operationalize and measure trauma-informed care.

Course Objectives:

- Define Motivational Interviewing and identify the purpose of the skills in victim advocacy work.
- Recognize ambivalence expressed by victims or survivors as change talk and sustain talk.
- Identify at least three target behaviors about which victims or survivors may feel ambivalent.
- List the four elements of the spirit of motivational interviewing.
- Use an open-ended question to evoke change talk.
- Use an affirmation to highlight a victim or survivor's strengths.
- Use a reflection to express empathy.
- Use a summary to highlight the themes of a conversation with a victim or survivor.
- List the four processes.

MI is typically taught in 1-3 full day sessions. Because it will be held virtually, I recommend that we offer 3 sessions, each 3 hours long (for a total of 9 hours of training). Here is how I recommend we use the time:

Agenda Day 1	Agenda Day 2	Agenda Day 3
9:00 Foundational Concepts in MI 10:00 The Relational Component of MI (Partnership, Acceptance, Compassion, and Evocation) 11:00 Practice and discussion 12:00 End	9:00 Review 9:30 Skill Building Part 1: Open Ended Questions 10:00 Practice 11:00 Skill Building Part 2: Affirmations 12:00 End	9:00 Review 9:30 Skill Building Part 3: Reflective Listening 10:00 Practice 10:45 Skill Building Part 4: Summaries 11:00 Four Processes 11:45 Wrap Up, Q&A, Resources for more learning 12:00 End