Using Motivational Interviewing to maximise the impact of Speech and Language Therapy Intervention

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A FRAMEWORK FOR MOTIVATIONAL INTERVIEWING (MILLER AND ROLNNICK 2012)

Phase 1: ENGAGE
Settle the client into a helpful conversation and start to listen to their story

Phase 2: FOCUS
Agree a direction for the conversation

Phase 3: EVOKE
Draw out the most meaningful reasons to change, from the client’s perspective

Phase 4: PLAN
Develop a change plan
DAVID FROST’S GUIDE TO INTERVIEWING

- Be genuinely interested in the person you are interviewing.
- Strike up a relationship with them.
- It’s not about asking difficult questions – it’s a case of asking fruitful questions.
WHAT CAN KAY BURLEY TEACH US ABOUT MOTIVATIONAL INTERVIEWING?

- When you ask a question, listen to the answer.
- Don’t monopolise the agenda
- Shine a light on people’s strengths not their weaknesses
The 4 principles of prudent healthcare

- Public and professionals are EQUAL PARTNERS through CO-PRODUCTION
- CARE FOR those with the greatest health need FIRST
- Do only WHAT IS NEEDED and do NO HARM
- Reduce INAPPROPRIATE VARIATION through EVIDENCE-BASED approaches

For further information visit www.prudenthealthcare.org.uk
Psychological Factors:

Spiral of Change (Transtheoretical Model):

Ref: Prochaska, Norcross & Diclemente, 2002