

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

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A FRAMEWORK FOR MOTIVATIONAL INTERVIEWING (MILLER AND ROLLNICK 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.

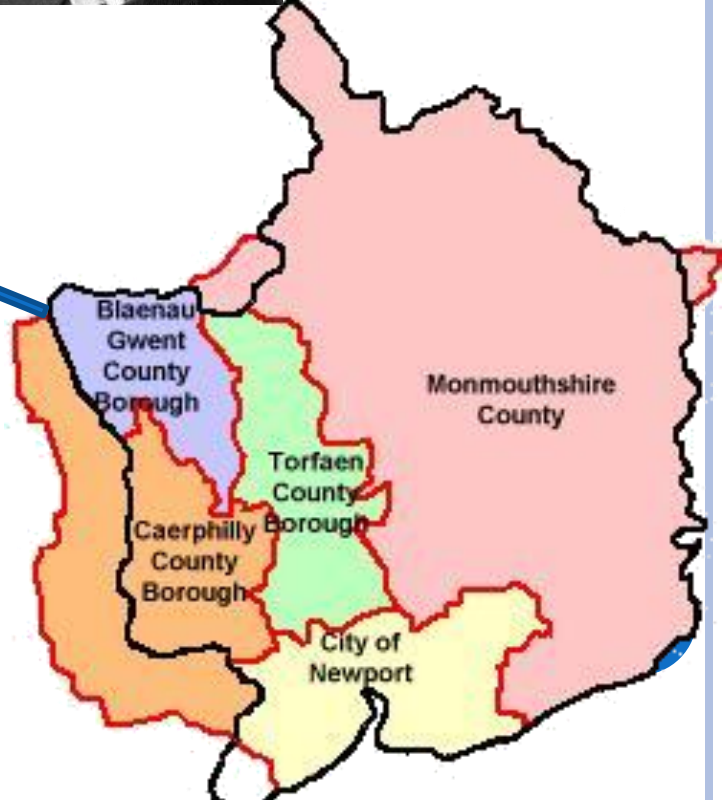


- Don't monopolise the agenda



- 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**

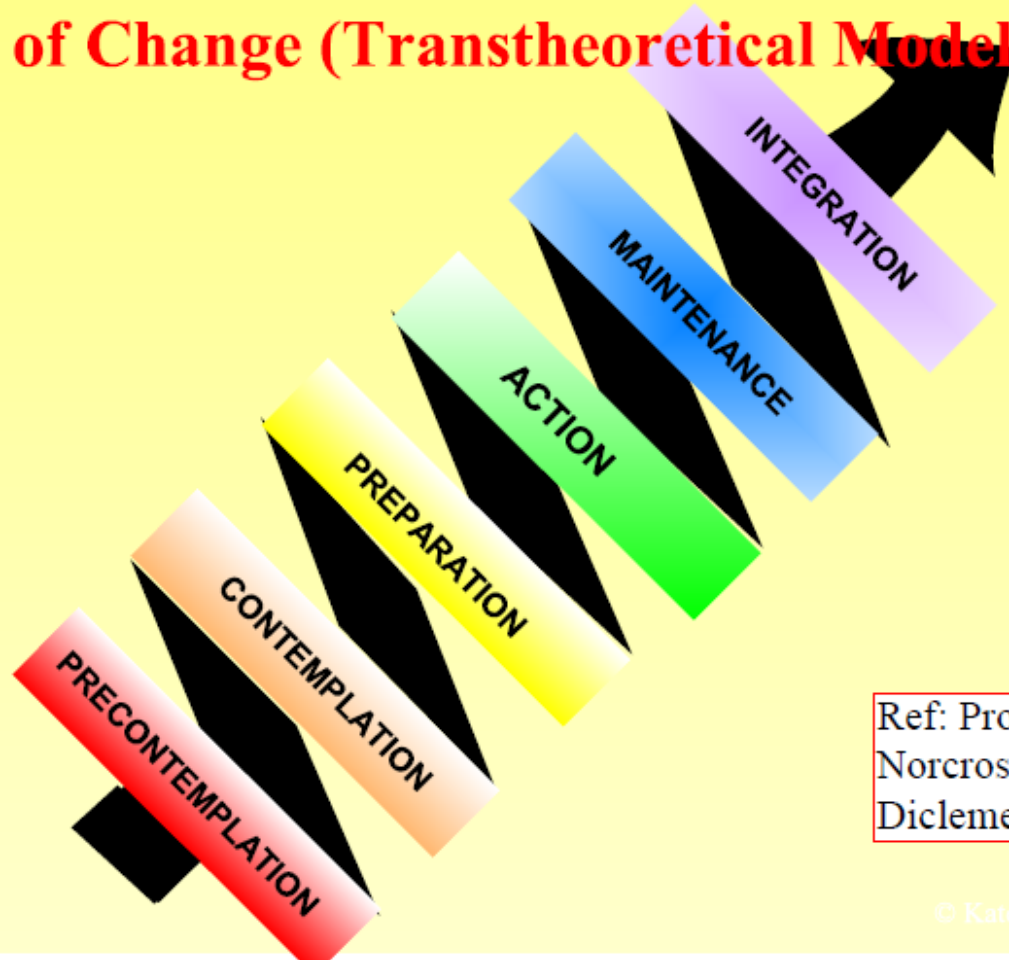
Reduce **INAPPROPRIATE VARIATION** through **EVIDENCE-BASED** approaches

For further information visit www.prudenthealthcare.org.uk



Psychological Factors:

Spiral of Change (Transtheoretical Model):



Ref: Prochaska,
Norcross &
Diclemente, 2002





one DIY SOS

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