

Using Motivational Interviewing Techniques to Partner with Parents

SD Home Visitor Institute

November 20, 2024



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These materials were developed for OHS/Region 8, Training and Technical Assistance Network under Contract No. 140D0421C0007 by STGI.

Your Presenters Today:



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What Lens Do You Bring?

- Program
 - Early Head Start
 - Head Start Preschool
 - Other Home Visiting
- Role
 - Program Manager or Coordinator
 - Home Visitor/Direct Service Staff
 - Other
- Age group served
 - Prenatal/Adults Only
 - Infants & Toddlers
 - 3–5-year-olds
- What did we miss?



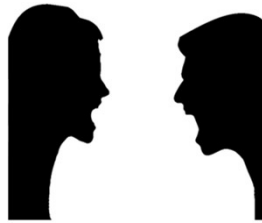
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Breaking –

Arguing, Judging, Not listening, Viewing “others” as an existential threat



Bridging –

Trying to understand someone else’s perspective



Belonging –

Being recognized and appreciated by fellow human beings.



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Bridge Move About Activity



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Bridging Differences:

What it means and doesn't mean



- Bridging requires recognizing our shared humanity with others while valuing the differences we bring to the table
- Bridging is not about persuasion, it's about understanding
- Bridging is not the same as compromising
- Bridging requires modesty and humility
- Bridging requires inner work and outer action



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Bridging is sometimes about small shifts



Setting an intention or an openness to change



"Short" and "Long" Bridges



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Not Everyone Should Bridge

- Bridge Building comes with risks
- Consider past trauma
- Consider power dynamics



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Bridging Differences: Inner-Work



- Whenever we meet someone new, we craft stories about them
- Stereotypes are powerful and usually wrong
- They are a type of “schema” development



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Stereotypes and Assumptions:

- Preconceived notions can create self-fulfilling prophecies
 - Study of “late bloomers”
 - “Daycare”
- We can learn to keep an eye on stereotypes



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Bridging Differences: Inner-Work

- Humanize others before you even meet them
- Take a mindfulness moment before going into a meeting
- Set an intention



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Bridging Differences:



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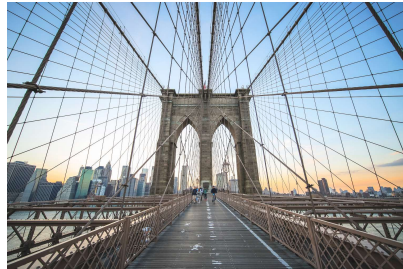
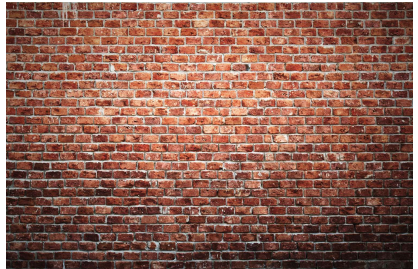
Bridging and Change

- It is natural for people to feel ambivalent about change in relationships, even those they have chosen, but it is especially common to feel ambivalent about change in relationships that were not chosen.
- Our past experiences with others will impact our current experiences with each other.
- Present experiences with each other will, in turn, affect future experiences.



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Barriers to Change -



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Motivational Interviewing



When Guiding Conversations to Facilitate Change:

Abandon your impulses to

- Give advice
- Solve the problem on your own
- Be the expert



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HH1

Stages of Change

01

Precontemplation

02

Contemplation

03

Preparation

04

Action

05

Maintenance



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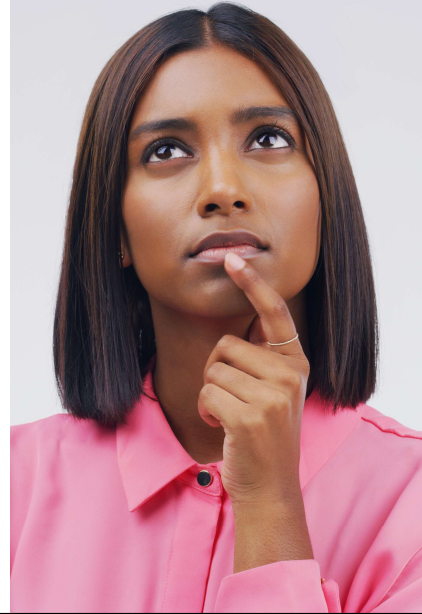
Prochaska & DiClemente, 1983; Prochaska, DiClemente, & Norcross, 1992).

Slide 18

HH1 Add Implementation Science framework - side by side comparison
Heidi Hagenson, 11/22/2019

What Is Motivational Interviewing?

- A collaborative conversation to learn about and strengthen an individual's motivation for changing behavior
- Motivational Interviewing can help to sort through any thoughts, ideas, uncertainties and mixed feelings someone might have about making a change



Motivational Interviewing Strategy:

Soliciting permission

- Would it be okay if we talked about ____?
- What have you heard about ____?
- Would you like to hear more about ____?



What If They Say No?

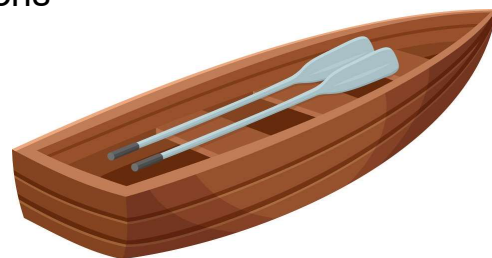
- This does not happen very often.
- The person may not be ready for advice or direction (he or she may be in the precontemplation stage).
- Ask permission to check back.



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Permission Granted – Remember your OARS!

- **O**pen ended questions
- **A**ffirming
- **R**eflective listening
- **S**ummarizing



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Open Ended Questions

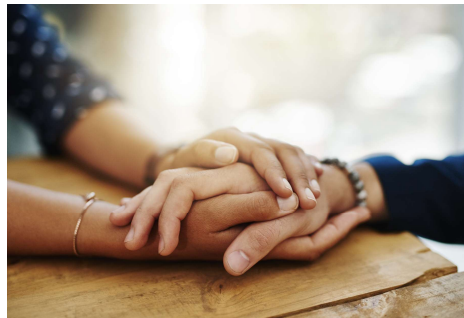
- Tell me about what has been happening since we last talked...
- Given all that you have been going through, how have you been able to _____ (find strength, stay connected etc)
- What are the good things about _____ and what are the not so good things about _____?



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Affirming

- Thank you so much for telling me about your frustration
- I really appreciate you taking time to meet with me today about this
- I hear you, that sounds difficult!



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Reflective Listening



- Is other-directed
- Is nondefensive
- Involves imagining others' perspectives
- Involves showing a desire to listen as a receiver and understand the other



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Podsen, India; Denmark, Vicki. *Coaching and Mentoring First Year and Student Teachers*. 2nd edition. New York, NY: Routledge, 2013.

Reflective Listening - Exploring Possible Solutions

- “Looking back, can you think of a time when this wasn’t a problem?”
- “If things continue this way what do you think will happen?”
- “If you make this change what do you think will happen?”



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Summarizing

- Let me see if I understand this so far...
- Here is what I heard. Tell me if I missed anything.
- On the one hand...
On the other hand...



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Practice Activity

Strategies

- Solicit permission
- Ask open-ended questions
- Affirm
- Listen reflectively
- Summarize



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Wrapping Up

- What stood out for you among the things you heard or experienced today?
- What excites you or concerns you about what you learned?
- Did you gain any insights from the session?
- How might you use what you heard today?



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Your Feedback is Important to Us!



Training Topic: Motivational Interviewing

Training Date: November 20, 2024

Trainers:

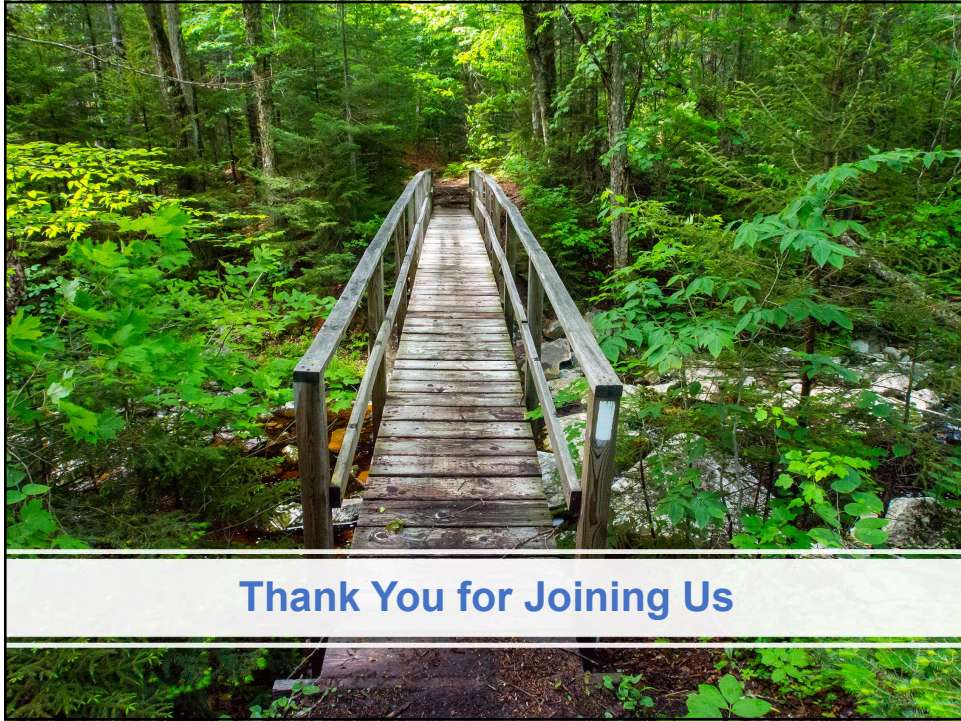
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Thank You for Joining Us