

THE KEY TO MOTIVATIONAL INTERVIEWING

The Art of Reflection



Thursday, October 7
from 8:30 a.m. - 4:30 p.m.



Hearing, Speech & Deafness Center
1625 19th Avenue • Seattle, Washington 98122

Reflective listening is the *primary* skill on which MI is built. In fact, without this skill, it is not possible to do MI. Yet – even though it is the most important and most challenging skill required for motivational interviewing – it is often where the least amount of training practice is spent. It can look simple, but it is **not easy** (Rosengren, D. 2009).

Reflections are how service providers express their interest, empathy, and understanding of clients. It is the way to respond to resistance as well as create momentum in productive directions. When the service provider offers an effective reflective listening statement, the person keeps talking, even when the counselor's guess about the meaning was wrong. When the counselor instead offers a roadblock response, the person stops, backs up, or heads off in a **different direction** (Rosengren, D. 2009).

The first step for many counselors, after being introduced to MI, is to begin introducing more reflections into their relationship with clients. Even after several full-day workshops, many providers find they're still offering *one reflection to two questions*. Meanwhile, the "gold standard" of MI practice is actually a two-to-one ratio of reflective listening to questions. The difference? Practice and feedback! So, with laughter included, this workshop will focus on the use of reflective listening and in particular, the use of complex reflections (paraphrases, amplified, double-sided, and affective reflections).

Registration Contact: Kelly Smith

Rhonda McKillip, M.Ed., LMHC, MAC, CCDCIII, CDP is a national trainer and author of "The Basics Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders" foreword by Kenneth Minkoff, MD. Ms. McKillip is a member of the international Motivational Interviewing Network of Trainers (MINTie), national NAADAC Approved Education Provider, and instructor for the Washington Institute for Mental Health Research & Training (WIMHRT). Ms. McKillip provides national onsite program development, consultation, and individual or group training on Dual Diagnosis and Motivational Interviewing in the agency setting.

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