

STIGMA & MOTIVATIONAL INTERVIEWING

Objectives

Discuss

Discuss the ways in which stigma may show up in working with families.

Support

Support clients and patients who are considering making changes in their lives.

Utilize

Utilize skills related to motivational interviewing, with a focus on trust-building and addressing stigma.

Stigma

Domestic Violence and Stigma

Domestic violence compounds the impact of other types of stigma and trauma, weaving through the fabric of your patients' lives and making the experience of additional trauma even more challenging.

Experiencing abuse intensifies the emotional toll, magnifying feelings of helplessness and vulnerability, thereby exacerbating the complexity of trauma.



Stigma and Substance Use





Types of Stigma

Public Stigma

Internalized/Self
Stigma

Institutional
Stigma

MEET MORGAN

24 years
old

Bi-racial

Pregnant
with her
second
child.

Has one
child,
Jesse, who
lives with
Morgan's
ex, David.

Lives in a
rural area.

Takes an
SSRI and
Subutex,
occasional
marijuana
use.

Works at a
warehouse.

Learn More About Morgan



Think, Pair, Share: How Do the Types of Stigma Show Up in Morgan's Situation?

SELF-STIGMA?


PUBLIC STIGMA?

INSTITUTIONALIZED
STIGMA?

Please keep Morgan in mind as we move through the next section!



Motivational Interviewing!



When you hear
'motivational
interviewing'
what comes to
mind?

Motivational Interviewing is a framework, not a checklist . . .

*“MI is a **collaborative, goal-oriented** style of communication with particular attention to the **language of change**. It is designed to **strengthen personal motivation** for and **commitment to a specific goal** by eliciting and **exploring the person’s own reasons for change** within an atmosphere of **acceptance and compassion**.” (Miller & Rollnick, 2013, p. 29)*

Motivational Interviewing Evokes Feelings Of:



Collaboration



Connection




"We are in this together!"

Morgan: Part 2

Is there anything about Morgan's situation where stigma may make it challenging to trust someone in your role?





What strategies
do you use to
earn and
develop trust
with your
clients/patients?

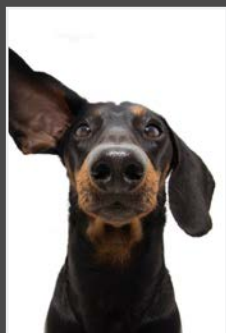
Patient Centered Questions and Responses



Open-ended
Questions



Affirm Client's Patient
Reactions/Concerns




Utilize Reflective
Listening




Summarize

Listen for . . .

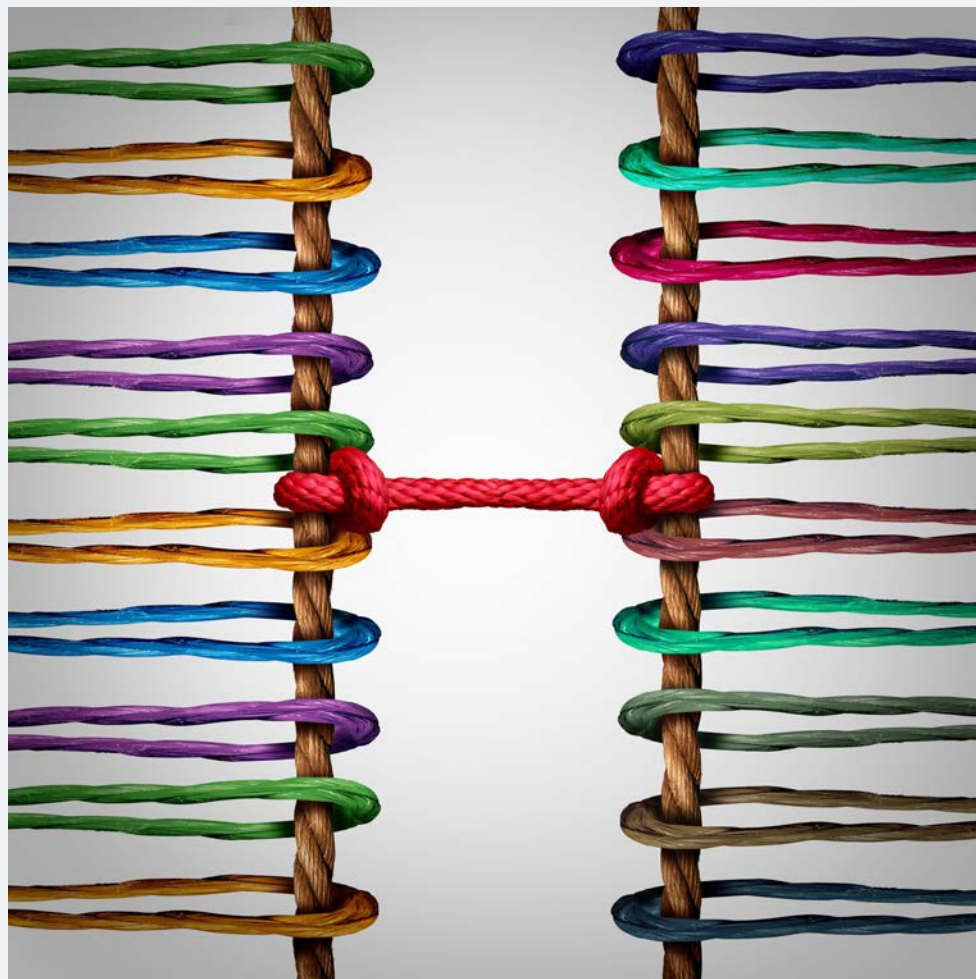


Language related to a desire for and/or a challenge to change.



Information sharing is a two-way street.

Suggestions for Collaborating with Referral Sources



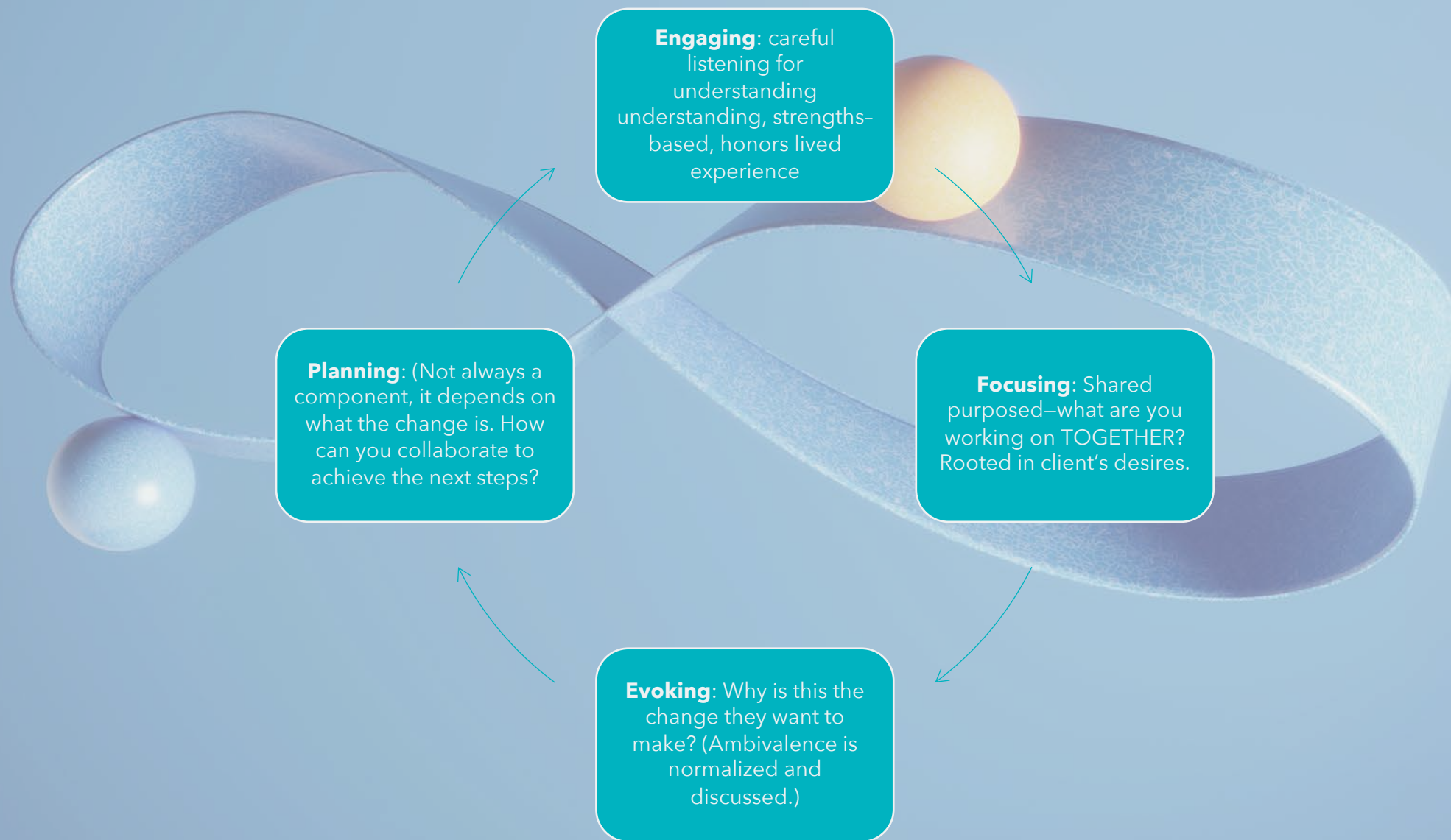
Cross-training about your roles and work

Collaborate often-don't wait for a crisis

Celebrate the successes of collaboration

Warm Referrals

Elements of MI Conversations



Morgan: Part Three



Morgan: Part 3



What are some open-ended questions you might ask Morgan?

Your conversational, motivational interviewing reveals . . .

Morgan wants to go back to school and would like to attend the local community college's LPN program.



How can you frame the conversation using the elements we talked about?



Engaging: careful listening for understanding understanding, strengths-based, honors lived experience



Focusing: Shared purposed—what are you working on TOGETHER? Rooted in client's desires.

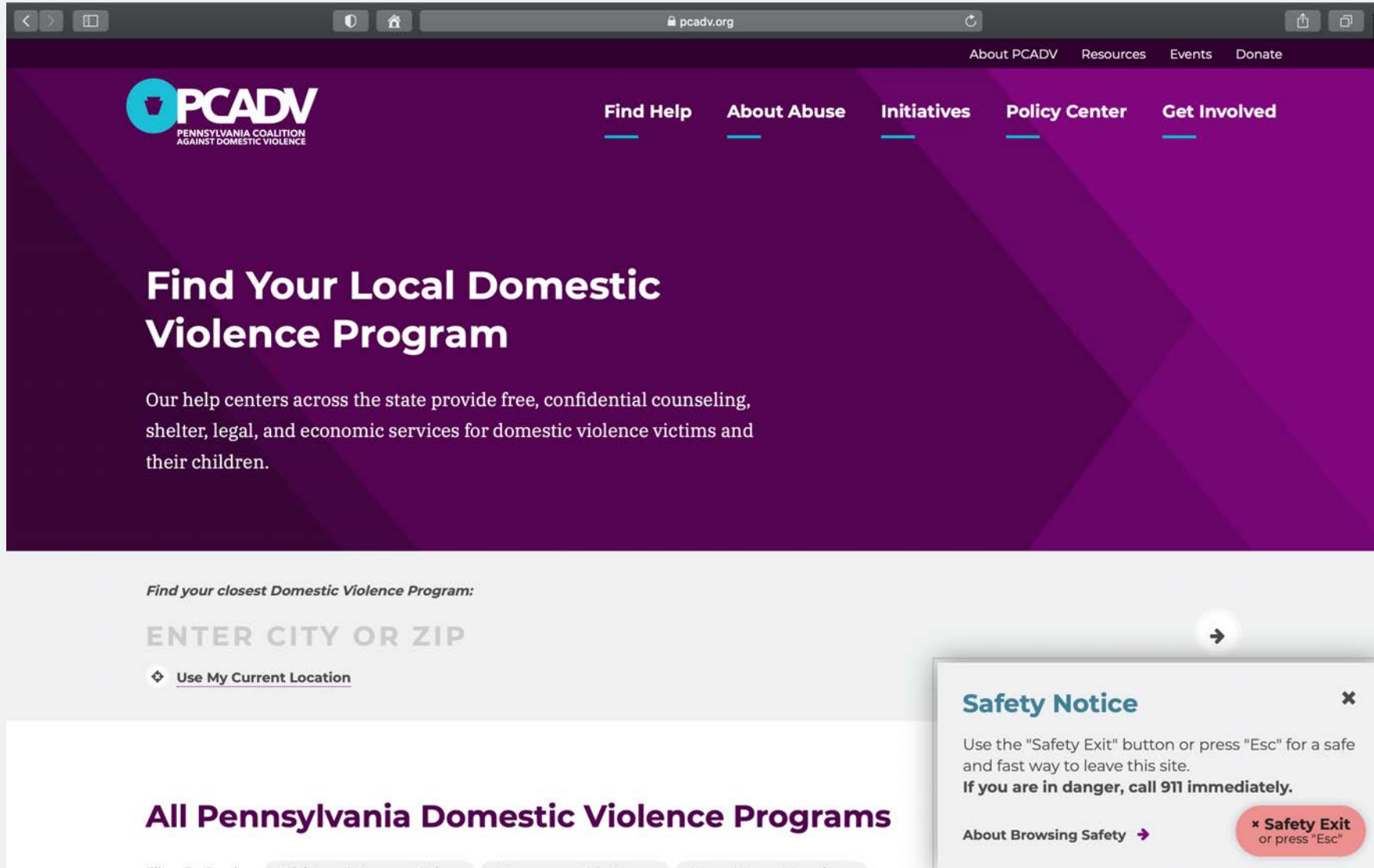


Evoking: Why is this the change they want to make? (Ambivalence is normalized and discussed.)



Planning: (Not always a component, it depends on what the change is. How can you collaborate to achieve the next steps?)

Find Your Local Domestic Violence Program



The screenshot shows the PCADV website interface. At the top, there is a navigation bar with links for 'About PCADV', 'Resources', 'Events', and 'Donate'. Below this is a secondary navigation bar with links for 'Find Help', 'About Abuse', 'Initiatives', 'Policy Center', and 'Get Involved'. The main content area features the PCADV logo and the heading 'Find Your Local Domestic Violence Program'. Below the heading is a paragraph: 'Our help centers across the state provide free, confidential counseling, shelter, legal, and economic services for domestic violence victims and their children.' A search bar is present with the placeholder text 'ENTER CITY OR ZIP' and a search button. Below the search bar is a link 'Use My Current Location'. At the bottom of the page, there is a section titled 'All Pennsylvania Domestic Violence Programs' with several filter buttons: 'Filter By Counties', 'Adult Local Representatives', 'Emergency Safe Homes', and 'Special Assault Centers'. A 'Safety Notice' pop-up is visible in the bottom right corner of the screenshot, containing the text: 'Use the "Safety Exit" button or press "Esc" for a safe and fast way to leave this site. If you are in danger, call 911 immediately.' and a 'Safety Exit or press "Esc"' button.



www.pcadv.org/find-help/find-your-local-domestic-violence-program



Ideas?

Questions?

Concerns?

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