

MOTIVATIONAL INTERVIEWING

MOTIVATIONAL INTERVIEWING IS:

A collaborative, person-centered counseling style

Done with the goal of drawing out and strengthening motivation for behavior change

A way of creating a space to explore and resolve mixed feelings about change

WHY USE MOTIVATIONAL INTERVIEWING?

- It's proven to be an effective method!
- Assists clients in making informed decisions about change
- It's person-centered, so motivation to change is elicited from the individual who is making the change

THE STAGES OF CHANGE

PRE-CONTEMPLATION

Not Thinking About It

Establishes quality of individual and community life and well-being as the criteria for successful interventions and policies

CONTEMPLATION

Considering It

Calls for non-judgmental, noncoercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm

PREPARATION

Ensures participants and communities impacted have a real voice in the creation of programs and policies designed to serve them

ACTION

Affirms participants as the primary agents of change, and seeks to empower participants to share information and support each other in strategies which meet their actual

MAINTENANCE

Recognizes that the realities of various social inequalities affect both people's vulnerability to and capacity for effectively dealing with potential harm conditions of harm

RETURN

Does not attempt to minimize or ignore the real and tragic harm and danger associated with licit and illicit drug use or other risk behaviors

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FOR MORE RESOURCES, VISIT [HARMREDUCTION.ORG](https://harmreduction.org)

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**NATIONAL
HARM REDUCTION
COALITION**

HARM REDUCTION INTERVENTIONS

(H)arm (R)eduction:

A philosophical and political movement focused on shifting power and resources to people most vulnerable to structural violence



(h)arm (r)eduction:

The approach and fundamental beliefs in how to provide the services



risk reduction:

Tools and services to reduce potential harm



The “risk itself (e.g. related to drug use or sex work) that you’re discussing

The “mindset” that someone brings to the situation, including thoughts, mood, and expectations



The physical and social environments of where the person is, and their perception of how that can promote/reduce risk

RISK

- What issue is being presented?
- What other possible sources of harm might be connected to the main issue?
- What drug is being used? What is the risk of overdose?

SET

- How are they feeling? Confident? Angry? Anxious?
- Are they physically in pain or hurt? Do they need to get well?
- Can they engage with you fully? Are their basic needs being met?

SETTING

- What is the physical environment where the potential harm is occurring? In a home? At work? On the street?
- Who is around them? Police, bystanders, other participants? How does the person present to these people? How will they react?

Case study : Jessica

Jessica has been using heroin on and off for the past 10 years. Jessica stopped using for a few months while she was with her ex, but they recently broke up. She is feeling depressed and anxious and is looking to use again. She buys a bag and heads to the syringe exchange for some new points and heads to her encampment in a rush.