Motivation

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Te Hau Mārire
Te Rau Matatini
Te Hau Mārire is the Māori addiction programme within Te Rau Matatini
By 2025, whānau experiencing addiction-related harm will be supported to thrive and flourish by a whānau-centred workforce that competently integrates cultural and clinical elements in their day to day practice.
How many Social Workers does it take to change a lightbulb?

One. But the lightbulb has to WANT to change.
What is Motivational Interviewing (MI)

Spirit of MI

Integrated Approach
Why is Change so Hard?

- Feelings
- Thoughts
- Practical Barriers
- Most people aren’t ready
The 5As approach

<table>
<thead>
<tr>
<th>Ask</th>
<th>Assess</th>
<th>Advise</th>
<th>Assist</th>
<th>Arrange</th>
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</thead>
<tbody>
<tr>
<td>Establish patient’s smoking status</td>
<td>Determine amount smoked and readiness to quit</td>
<td>Information and motivational interviewing</td>
<td>Develop a quit plan</td>
<td>Arrange follow up with GP or refer to Quit groups or Quitline</td>
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What is Motivational Interviewing?

MI is an effective collaborative conversation to strengthen a person’s own motivation for and commitment to change.
Stages of change in smoking cessation

Prochaska & Di Clemente: *Transtheoretical Model of Behaviour Change*
We have a role to play in picking up and evoking signs of motivation and potential for transformation. We also have a role in supporting sustained change.
The Underlying Spirit of MI
Partnership (Collaborative)
Acceptance (Autonomy)
Evocation (Client relevant)
Collaboration means working in partnership - we are supportive rather than persuasive.
We elicit from the client, rather than imparting information or opinions and so do more listening than talking
Responsibility for change is left with the client - we demonstrate respect and believe in their resourcefulness and their ability to make choices.
If you are doing most of the talking you are not doing MI

Get training and supervision
Being Māori isn’t enough!
Tu Rangatira
Manaaki
Whakawhanaunga
Te Reo Māori
Whakangahau
Challenges

Whānau-centred practice

Practice underpinned by Mātauranga Māori
Hei konā mai i roto i ngā mihi