



TE RAU MATATINI

Motivation

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Te Hau Mārire
Te Rau Matatini

**Te Hau Mārire is
the Māori addiction
programme within
Te Rau Matatini**



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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-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



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Why is Change so Hard?

- Feelings
- Thoughts
- Practical Barriers
- Most people aren't ready

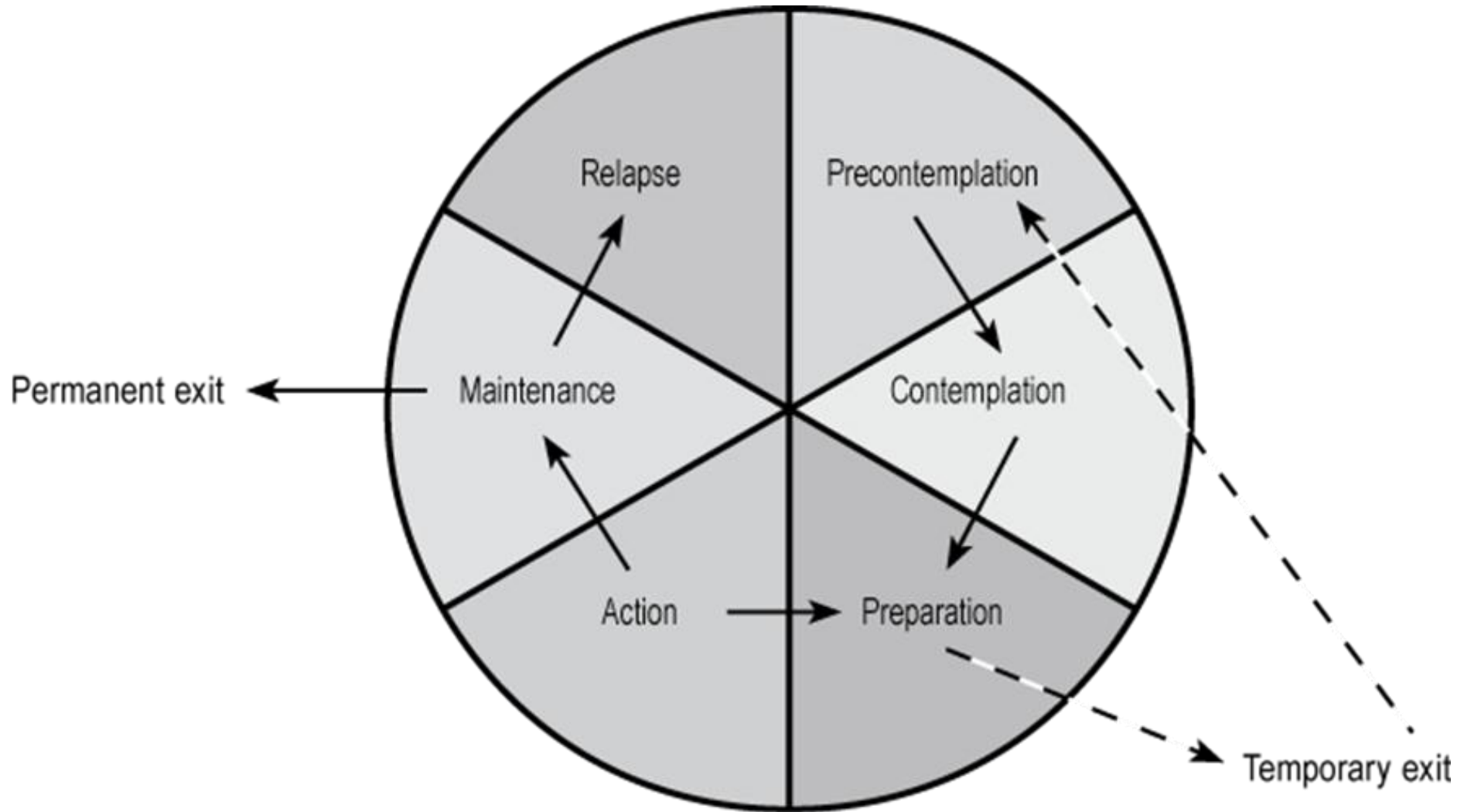
The 5As approach

Ask	Assess	Advise	Assist	Arrange
Establish patient's smoking status	Determine amount smoked and readiness to quit	Information and motivational interviewing	Develop a quit plan	Arrange follow up with GP or refer to Quit groups or Quitline

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.



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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**

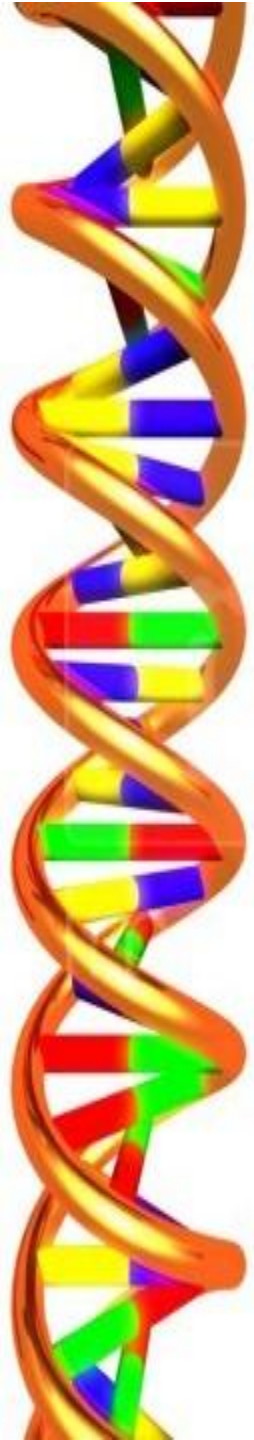
Being Māori isn't enough!



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...the head of the ... head-down takes the form of



Tu Rangatira

Manaaki

Whakawhanaunga

Te Reo Māori

Whakangahau



Takitaki mai

A guide to Motivational Interviewing for Māori



MatuaRaki

<http://matuaraki.org.nz/library/matuaraki/takitaki-mai-a-guide-to-motivational-interviewing-for-maori>

Challenges

Whānau-centred practice

Practice underpinned by
Mātauranga Māori



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Hei konā mai i roto i ngā mihi



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