

INSPECTOR
COLUMBO'S
SECRET

GPADD18
Dr Monica Moore, Sutherland, NSW

Miller and Rollnick.
Kylie McKenzie.

Learning outcomes.

A typical day
in the helping
professions....

Why MI?

“MI is a particular kind of **conversation** about change, which is **collaborative** and seeks to call forth the person’s own motivation and commitment.”

(Miller and Rollnick, 2002)

What
is
motivation?

Quick Quiz
MI Language

WHAT PEOPLE SAY....

- 1.Facts and information
- 2.Change talk
- 3.Sustain talk
- 4.Discord

The righting reflex.

Quick Quiz
MI Language
and behaviour.

- <https://www.youtube.com/watch?v=80XyNE89eCs>

CORE SKILLS
- OARS.

OPEN QUESTIONS.

SKILLS PRACTICE
BRIEF MI

SKILLS PRACTICE
FEEDBACK

REFLECTIONS.

Dan Siegel
- 'flipping your lid'.

Good reflections
save time
and bring the cortex
back online.

DOUBLE-SIDED REFLECTION
USING 'AND'

'So on the **one** hand... (**sustain** talk)
AND
on the **other** hand(**change** talk)

AMBIVALENCE.

SKILLS PRACTICE.
REFLECTIONS.

SKILLS PRACTICE
FEEDBACK

AFFIRMATIONS.

SUMMARIES.

PUTTING IT ALL TOGETHER

INSPECTOR COLUMBO'S STYLE

<https://www.youtube.com/watch?v=pZiv8vkxMac>

*...humble curiosity,
with a purpose.*

“Just one more thing...”
“I noticed this ...and you said that...”
“That doesn’t make sense.”
“Can you tell me more about that?”

TWO AGAINST THE
PROBLEM.

FINDING A FOCUS.



PLANNING.

ADVICE AND INFORMATION

- 1. Ask.
- 2. Tell.
- 3. Ask.

SOME IDEAS AROUND
CONFIDENCE.

RECORD KEEPING
AND
REVIEWS

THE AIM OF MI

To *increase* change talk
and *manage* discord,
in the interest of positive change.

AM I DOING MI?

SMALL DOSES ARE
ENOUGH.

MI is like a language:
it improves
with practice.

THANK YOU!
