

## INSPECTOR COLUMBO'S SECRET

GPADD18  
Dr Monica Moore, Sutherland, NSW

Miller and Rollnick.  
Kylie McKenzie.

Learning outcomes.

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A typical day  
in the helping  
professions....

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Why MI?

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“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, 2012)

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What  
is  
motivation?

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Quick Quiz  
MI Language

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WHAT PEOPLE SAY....

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

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The righting reflex.

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Quick Quiz  
MI Language  
and behaviour.

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

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CORE SKILLS  
- OARS.

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OPEN QUESTIONS.

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SKILLS PRACTICE  
BRIEF MI

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SKILLS PRACTICE

FEEDBACK

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REFLECTIONS.

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Dan Siegel  
- 'flipping your lid'.

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Good reflections  
save time  
and bring the cortex  
back online.

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DOUBLE-SIDED REFLECTION  
USING 'AND'

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

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AMBIVALENCE.

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SKILLS PRACTICE.  
REFLECTIONS.

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SKILLS PRACTICE  
FEEDBACK

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AFFIRMATIONS.

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SUMMARIES.

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PUTTING IT ALL  
TOGETHER

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INSPECTOR COLUMBO'S  
STYLE

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

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

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

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TWO AGAINST THE  
PROBLEM.

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## FINDING A FOCUS.

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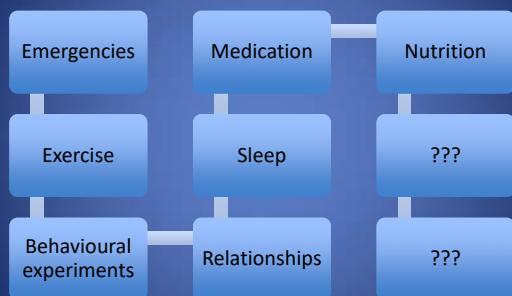
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## AGENDA MAPPING TOOL



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## PLANNING.

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### ADVICE AND INFORMATION

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

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### SOME IDEAS AROUND CONFIDENCE.

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### RECORD KEEPING AND REVIEWS

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### THE AIM OF MI

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

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### AM I DOING MI?

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SMALL DOSES ARE  
ENOUGH.

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MI is like a language:  
it improves  
with practice.

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THANK YOU!

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