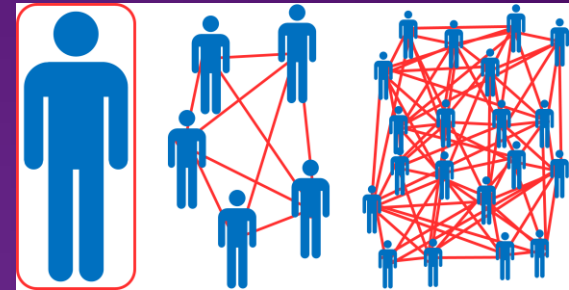


MMIN – An MI Practice session focus on Spirit

Paul Earnshaw,
Cathy Atkinson,
Joanna Barrow
February 2023



Manchester Motivational Interviewing Network

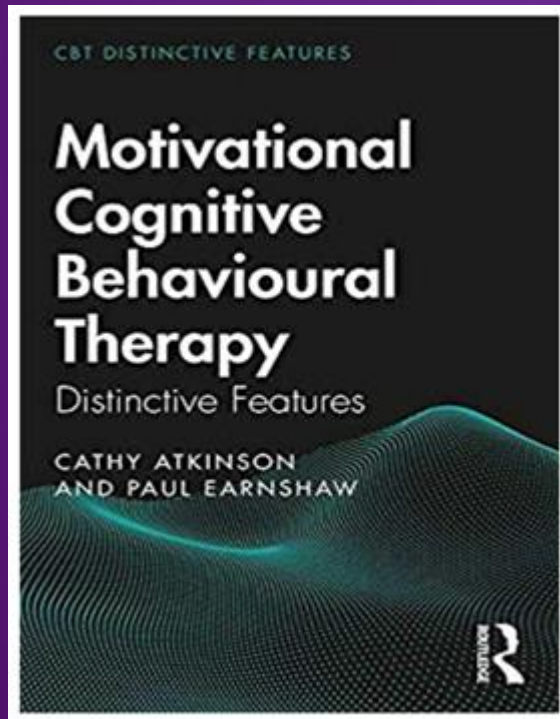


- Resources and information at www.mmin.co.uk
- Practice development opportunities
- Networking and continuing professional development
- MI training
- Research
- Online training (our latest development 😊)

Structure for this afternoon

- 3.00 - pm - Introduction and welcome
- 3.10- pm - **Practising elements of MI Spirit- (Acceptance as a way forward)** . Paul Earnshaw
- 4.10 pm – 4.30 Next Steps
- **Future sessions**
- **Further involvement with the network**

Motivational CBT

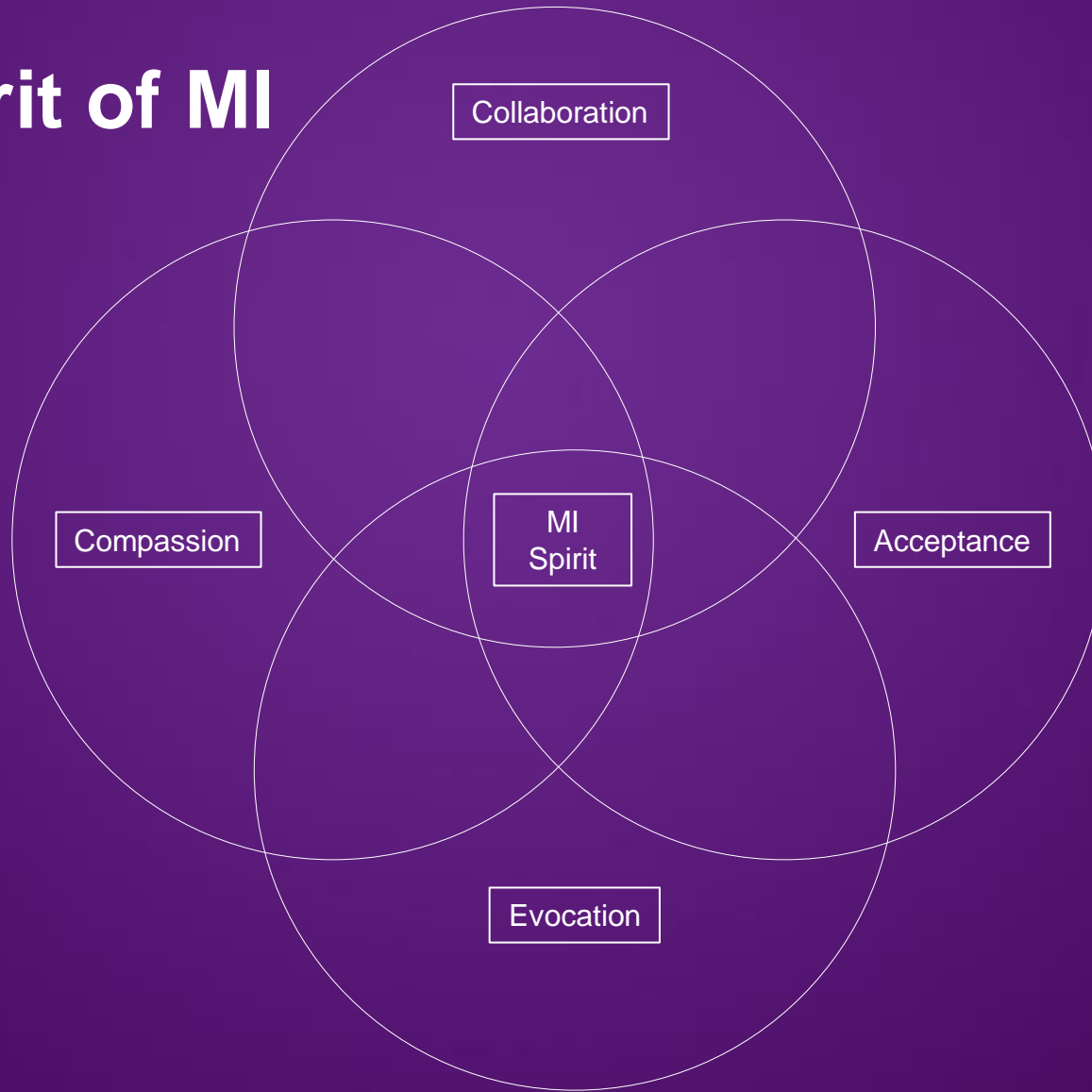


**Motivational Cognitive
Behavioural Therapy: Distinctive
Features (CBT Distinctive
Features)**

1st Edition

ISBN-13: [978-0367074586](#), ISBN-10:
[0367074583](#)

The Spirit of MI



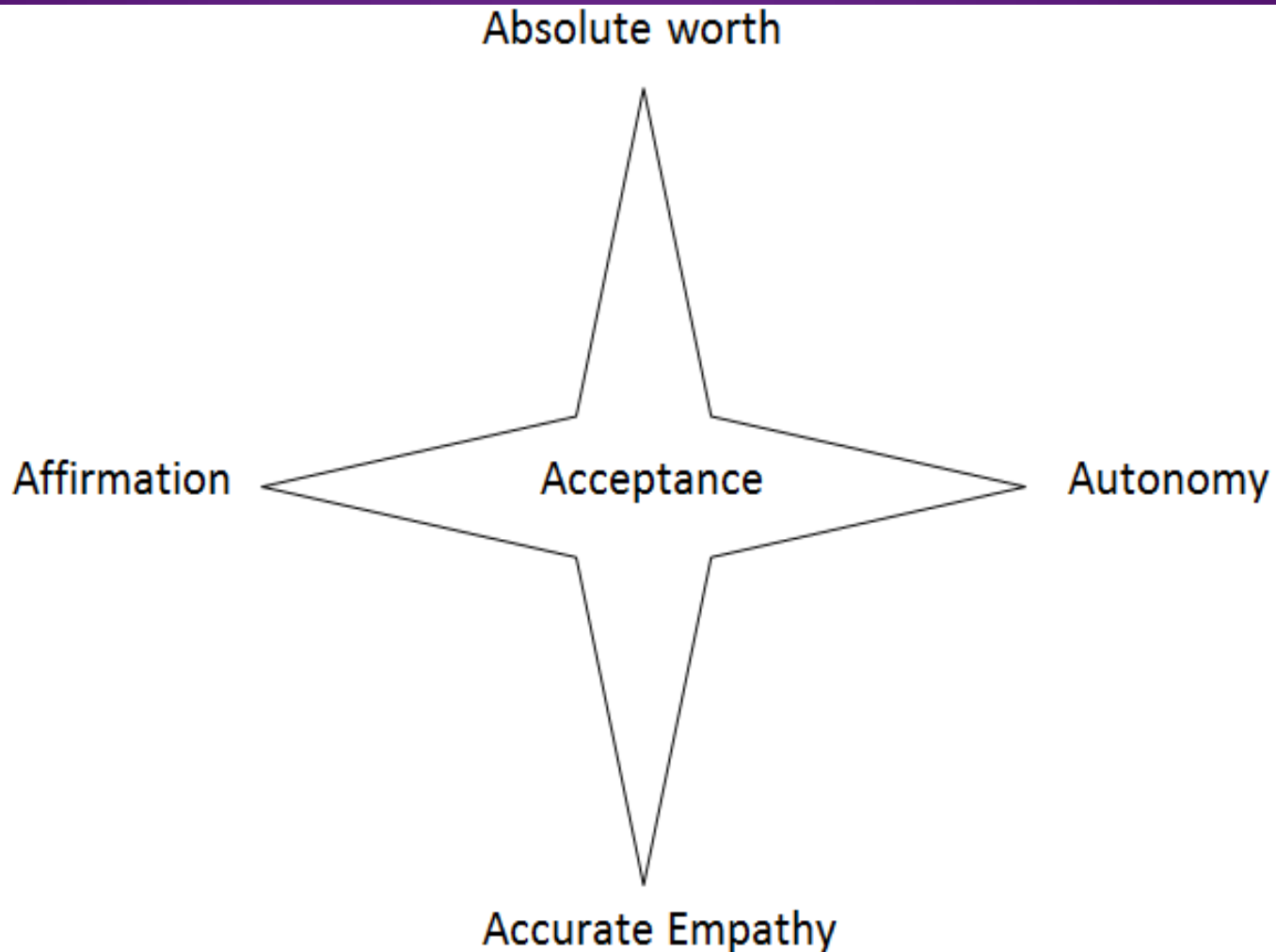
Spirit or Philosophy

4 Aspects



- **Collaboration** : honour expertise, a partnership a collaboration, done with/ for your client not to them.
- **Acceptance**: resource and motivation for change lies with client – therapist accepts through *empathy*, *affirmation*, and *supporting autonomy*
- **Compassion**: to give priority and actively support the needs/welfare of others. Ethics .
- **Evocation**: a focus on client strengths, change enhanced by elicitation rather than persuasion
- Proposed changes in MI 4 Empowerment

Figure 8.2: The four aspects of Acceptance (Miller & Rollnick, 2013) Atkinson & Earnshaw (2019)



Acceptance - (Miller & Rollnick, 2013) 4 Person centred Conditions (Carl Rogers)

- **Absolute Worth - seeing the person as they are. Trusting and respect**
- **Accurate Empathy -active interest, ability to understand the others perspective**
- **Autonomy Support - Acknowledging freedom to make their choices**
- **Affirmation - to seek and acknowledge the person's strengths and efforts**

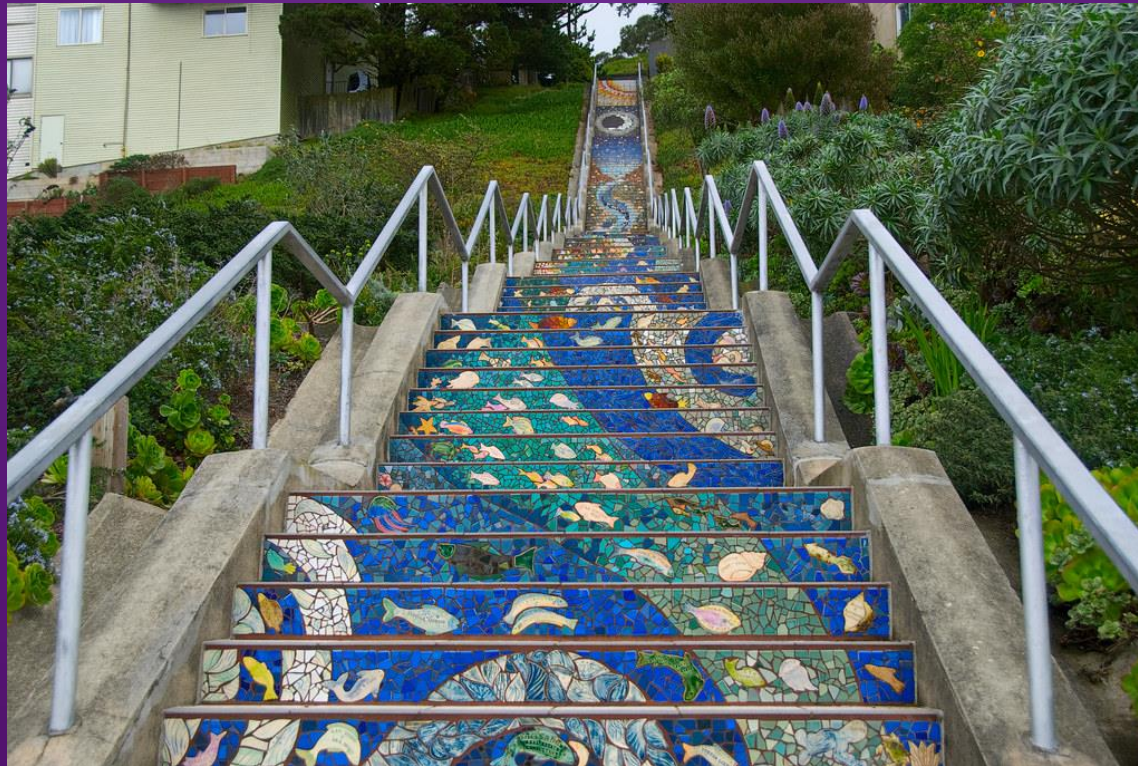
Practising elements of MI Spirit- Acceptance as a way forward

- **See Exercise sheet:**
- You will be put into pairs. introduce yourselves then the exercise will start for 10 mins
- Then take 5 mins for Listener and Talker to reflect on conversation. Listener use the sheet. Talker jot down notes.
- Then Swap over
- Feedback to larger Group for all if you wish.

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Next steps



Atkinson, Barrow & Earnshaw 2023

Online training

- <https://www.edpsyched.co.uk/motivational-interviewing-organisations>



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