***Enhancing intrinsic motivation to change: motivational interviewing techniques to encourage effective co-parenting***

Parents can have parenting conflicts both before and after divorce. Incorporating action-oriented processes shifts the focus of what can be done to help things go right rather than simply a focus on preventing problems. Exploring and resolving co-parenting ambivalence through Motivational Interviewing techniques encourages ownership, enhances self-efficacy, and assumes competency.

Objectives:

Participants will: (1) be introduced to the *Transtheoretical Model of Behavior Change* (also called the “Stages of Change Model”); (2) learn core motivational interviewing skills that help people process through the stages of change; (3) identify ways these skills can be helpful to co-parents at differing levels of readiness to change; (4) learn how the team, coach, and/or child specialist can incorporate this model to guide co-parents change in the collaborative process.

***Enhancing intrinsic motivation to change: The use of motivational interviewing techniques to encourage effective co-parenting***

Outline:

# Transtheoretical Model of Behavior Change

## Basic Overview of the *Stages of Change*

### Precontemplation

### Contemplation

### Preparation

### Action

### Maintenance

## Why people don’t change

# Motivational Interviewing Skills

## Practice and Examples of Basic Techniques

### MI Spirit

### Opening Strategies

### Principles and Traps

### Eliciting and Exploring “Change Talk”

### Responding to “Sustain Talk”

### Recognizing and Consolidating Commitment

# Co-Parents Readiness to Change

## Introduction to a measure to assess Stage of Change

## Working with parents at different stages

### Understand a client’s underlying ambivalence to change.

### Recognize where a client is in the process of change.

### Respond to a client to support behavioral change.

# Incorporating Techniques into Collaborative Practice

## Seek to evoke clients’ own arguments for change

## Explore and resolve client’s ambivalence about a decision or change

## How MI Complements and enhances communication skills already developed as collaborative practitioner

### Remain neutral with a client, but be present.

### Use reflective listening.

### When hearing Resistance or DARN talk⏵dig deeper.

### When hearing Change Talk ⏵ask about commitment, taking a step.

### Use affirmation when appropriate to support client confidence about change, commitment to

###  change, and step(s) taken toward change.

### Be aware of expectations – yours and the clients’.