



Creating Opportunities with Change Conversations



Welcome!

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!





Session Aims

- To explore Fixed and Growth Mindsets
- To look at Sustain and Change Talk within Motivational interviewing
- To consider how we utilise these behaviour mindset theories in working with motivation to change.



PARENTAL MOTIVATION TO CHANGE

1) Child focused care giving.	2) Adult focused care giving.	3) Child's Needs are secondary to adults.	4) Child's needs are not considered.
<p>Carer is concerned about children's welfare; wants to meet their physical, social, and emotional needs to the extent he/she understands them.</p> <p>Carer is determined to act in best interests of children.</p> <p>Has realistic confidence that he/she can overcome problems and is willing to ask for help when needed Is prepared to make sacrifices for children</p>	<p>Carer seems concerned about children's welfare and claims he/she wants to meet their needs, but has problems with own pressing circumstances and needs.</p> <p>Professed concern is often not translated into effective action, but carer expresses regrets own difficulties dominating.</p> <p>Would like to change, but finds it hard. May be disorganised, not take enough time, or pays insufficient attention; may misread 'signals' from children; may exercise poor judgement.</p>	<p>Carer is not concerned enough about children's needs to change or address competing demands on their time and money. This leads to some of the children's needs not being met.</p> <p>Carer does not have the right 'priorities' when it comes to child care; may take an indifferent attitude.</p> <p>There is lack of interest in the children and in their welfare and development.</p>	<p>Carer rejects the parental role and takes a hostile attitude toward child care responsibilities.</p> <p>Carer does not see that they have a responsibility to the child, and can often see the child as responsible totally for themselves or belief that any harm that befalls the child is their own fault, that there is something about the child that deserves ill treatment and hostile parenting.</p> <p>May seek to give up the responsibility for children</p>



"YOU ARE EITHER GOOD AT SOMETHING,
OR NOT"

- FIXED MINDSET

I'M NOT A
MATH
PERSON



...actually, y



[Click here](#) to watch the video



- Negative self talk is unkind, critical, and upsetting.
- What do you think could be the impact of negative self talk?
- Positive self talk is kind, supportive and affirming.
- Write down a positive sentence that helps you when you need a boost.
- Consider the difference that could make in terms of motivation.



Networks

- Our thinking can be influenced by people or things we spend more time with.
- These could be people, apps, social media, video games.
- What kind of messages might someone receive? Are they positive or negative?
- How can we support people to seek people and situations that are supportive and are a positive influence?

The Importance of Effort



No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.

Carol S. Dweck, *Mindset: The New Psychology of Success*.

Stepping Stones





- Empathy
- Acknowledge Effort
- Learn from setbacks
- How quickly can we put what we've learned into our next step?
- How long will it take?

This response honours their struggle and yet gives them a tool to help them persist.



What is Motivational Interviewing?

Motivational Interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change.



Ambivalence

-The state of having mixed feelings or contradictory ideas about something

Change Talk

– Any self-expressed language that is an argument for change

Sustain Talk

– Any self-expressed language that is an argument against change or supports the status quo



Example of Change talk/Sustain talk in action

I'm so exhausted from trying to cope with my kids' behaviour. I want to make changes but I don't know where to begin.

Nothing ever works and they don't listen any way so what's the point. All I get is grief off them and I can't do it anymore. I just feel like giving up and running away.

I want things to be different and for us to be happy like we used to be,

but I just feel so overwhelmed. It's too much for me to do on my own.

Example of **Change talk**/**Sustain talk** in action

Everyone does it round here, no one I know doesn't do it. There's nothing wrong with it.

Sometimes I do get a bit paranoid and wonder if I should cut down a bit.

But it helps me to chill out and forget about what is happening at home.

I suppose I could try not to smoke on my own as much.

I don't think I could cope without it.

But I do get bored sometimes of just hanging around here and smoking with nothing to do.

More entrenched **Sustain talk** in this example

I've had enough you need to come and get him. He's pushed me to this. He's got himself into this mess. It's not my fault.

God knows I've tried and sometimes it seems like things get better

but then he throws it all in my face and we are back to square one. I can't cope with him anymore.

I cannot live like this anymore.

Why should I anyway he never does anything for me and only thinks about himself.



3 Tools for Change Talk in Motivational Interviewing

Hillary Bolter
LCSW, LCAS, MINT Member



[Click here](#) to watch the video

Change Talk-



- 1) Listen for it
- 2) Reflect it back (I'm hearing/it sounds like)
- 3) Draw it out (curious questions/tell me more about)

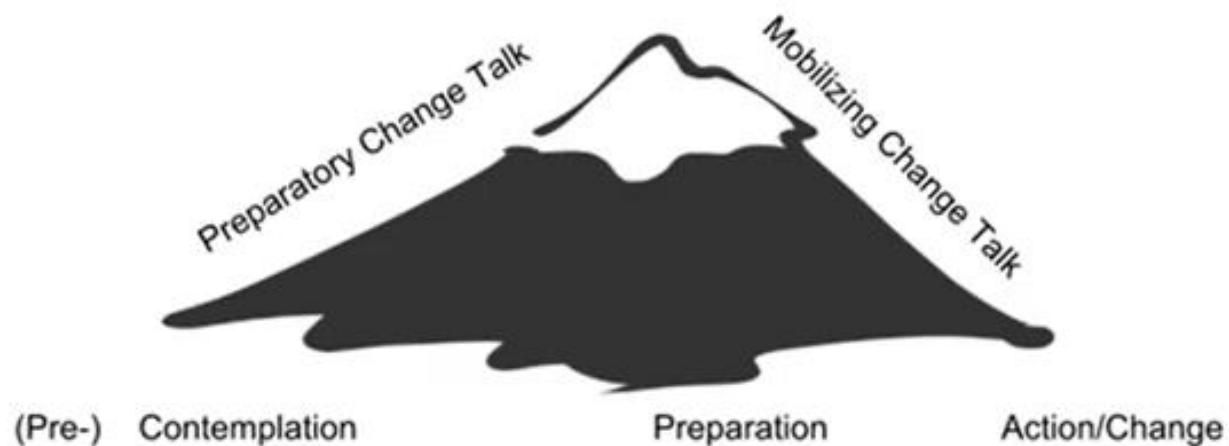
When providing a double sided reflection (reflecting both the sustain talk and the change talk)

Always try to end on the change talk e.g.

“I'm hearing you feel overwhelmed right now but I'm also hearing you want things to be different, tell me more about how you want things to be different....”



The MI Hill: The Journey to Change





Will do..

- Consider these ideas and how you can apply within the work you do
- Identify something new you can try or someone you're working with who might benefit from one of these types of conversation

Please let us know what you think



<https://forms.office.com/e/PqVNki3HUA>

