

## *The Dynamics of Motivation - There Is No Place Like Home*

Presenter: Scott Breedlove, MS, MARS, MRSS-P

### **What are some tips you can give to counselors to help clients self-mobilize their own internal resources for change?**

A: 1) Explore with clients previous successful change processes they have made and what allowed them to be successful – for instance, many clients have had periods of abstinence and even recovery in their past so they have shown the ability to do it. What worked for them in the past and what stopped their recovery process. 2) We do a Recovery Capital inventory discussing all of the internal and external resources that are available to the client. 3) Explore the concept of ability and find irrational thought patterns that are perceptions of inability and then use thinking pattern concepts to change those thought patterns.

### **Besides being a source of support and encouragement, how can the counselor use MI [Motivational Interviewing] to be effective in leaving the growth and self-discovery process to the client?**

A: MI is designed to allow the client to explore their own ambivalence and to find solutions. I am a specific believer in the process of change talk and asking questions in a certain way that allows the client to speak their own change. For instance, using a change ruler concept to ask on a scale where the client is in the change process and then following that up with asking them why they didn't choose a lower number. This automatically allows the client to speak in a positive way about making recovery changes. Asking open ended questions allows the client to expand and explore concepts and recovery changes.

### **How can you help someone become motivated about change when they are determined that change is impossible?**

A: A few suggestions would be: 1) Encourage them that almost nothing is impossible. Some things are harder but not impossible. 2) Use your own recovery story if you are in recovery or other client recovery stories. 3) Help them think about other changes they have made that might have been difficult but they were successful at. 4) Discuss why they think it is impossible and depending on those answers, solutions may arise.

### **How does this presentation tie in with the phrase in the title, "there's no place like home?"**

A: I should have mentioned at the beginning that the title was a take on the movie The Wizard of Oz. In that movie, Dorothy wanted to get home and that desire was the motivation for killing the wicked witch even though she was scared and didn't know if it was possible. So, in summary, it was just supposed to be a catchy title.