

# HAND IN HAND:



## **Motivational Interviewing & Person-Centered Planning in Options Counseling**

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# Afternoon Agenda



- Define Person-Centered Planning & Motivational Interviewing
- Discuss how they relate to Options Counseling
- Practice Motivational Interviewing
  - Real scenario
  - Role play

# Options Counseling



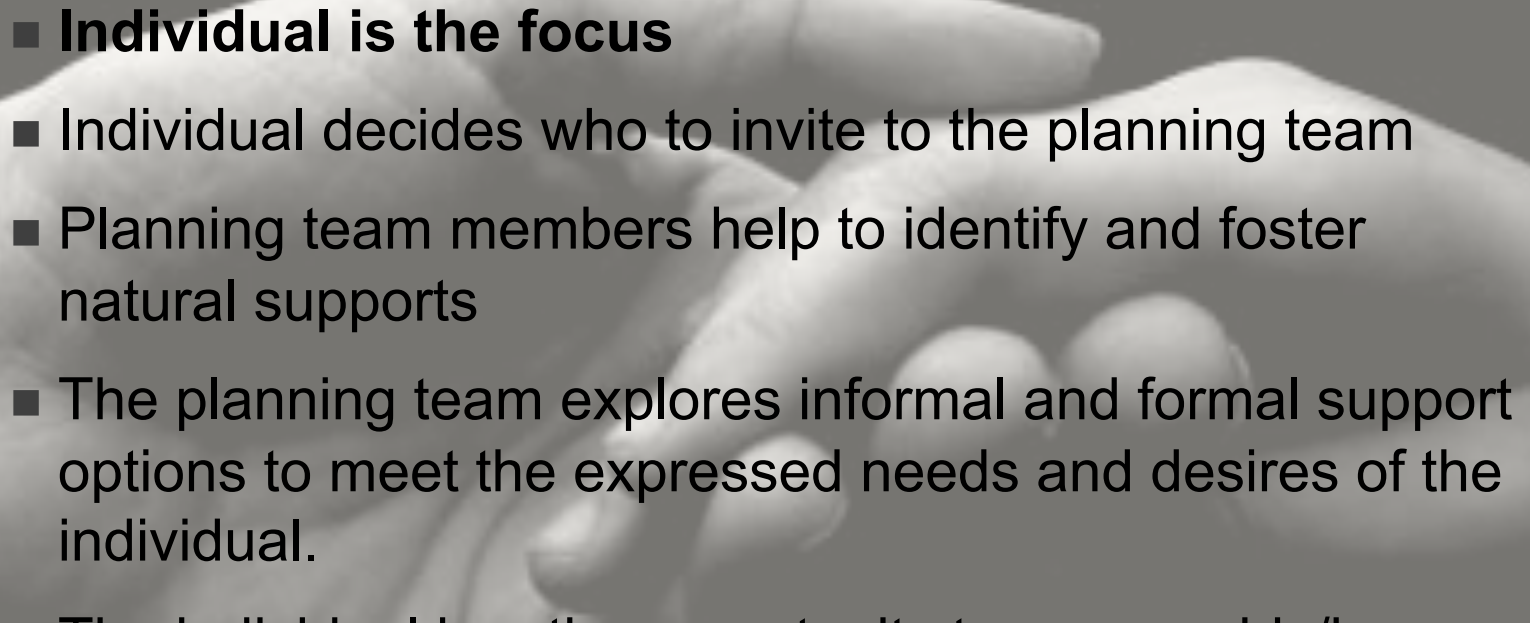
- ***Interactive*** decision process
- Individuals, family members and/or others are ***supported***
- Choices determined in the ***context*** of the consumer's needs, preferences, values, and individual circumstances

# Person-Centered Planning

Person-Centered Planning is a process-oriented approach to empowering people to have a voice in a planning process and actively shape their future.

It focuses on the people and their unique values, strengths, preferences, capacities, needs, and desired outcomes or goals, rather than on the systems that may or may not be available to serve them.

# PCP Operating Principles

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- **Individual is the focus**
  - Individual decides who to invite to the planning team
  - Planning team members help to identify and foster natural supports
  - The planning team explores informal and formal support options to meet the expressed needs and desires of the individual.
  - The individual has the opportunity to express his/her needs, desires, and preferences and to make choices.
  - Some individuals may require assistance in making choices about their individual plans and their supports and services.

[Meet Sabine and Person-Centered Planning](#)

## Person-Centered Planning Practice Guidelines

Person-centered planning is an individualized approach to planning that supports an individual to share his or her desires and goals, to consider different options for support, and to learn about the benefits and risks of each option. Although the process must be customized differently for each person, the following guidelines summarize universally accepted “operating principles” for person-centered planning:

1. The individual is the focus of the planning process and involved in decision making at every point in the process, including deciding how and where planning will take place. Decisions made in the planning process can be revisited whenever the person wants.
2. The individual decides who to invite to the planning team. Planning teams include those who are close to the person, as well as people who can help to bring about needed change for the person and access appropriate services.
3. Planning team members help to identify and foster natural supports. Natural supports include family, friends, community connections, and others in the person’s social network. Development of natural supports is encouraged by inviting family members, friends, and allies to participate in planning meetings.
4. The planning team explores informal and formal support options to meet the expressed needs and desires of the individual. Informal supports—family, friends, neighbors, church groups, and local community organizations—are considered first. These natural supports are supplemented by formal services, including services such as personal care services, adult day services, residential services, home care services, nursing services, Meals on Wheels, and caregiver supports.
5. The individual has the opportunity to express his/her needs, desires, and preferences and to make choices. Appropriate accommodations should be made to support the individual’s meaningful participation in planning meetings.
6. Some individuals may require assistance in making choices about their individual plans and their supports and services. In these cases, the individual still participates in the person-centered planning process and makes all decisions that are not legally delegated to a guardian or other substitute decision maker.

[Look](#)  
[Back,](#)  
[Plan](#)  
[Forward](#)

# Motivational Interviewing



Motivational interviewing is a **semi-directive, client-centered** counseling style for **eliciting behavior change** by helping clients to **explore and resolve ambivalence**.

It is a method that works on **facilitating and engaging** intrinsic motivation...

...people are more motivated to commit to change that they have **personally voiced**.

# MI Operating Principles



## Motivational Interviewing is...

- A Conversation / Dialogue
- Client-centered
- A Partnership
- Designed to strengthen personal motivation (resolve ambivalence)
- Empathetic, Accepting & Compassionate
- Directional

[Intro to Motivational Interviewing Video](#)



# How **MI** Supports **PCP** to Support **OC**



## **Motivational Interviewing...**

- A Conversation
- Client-centered
- Empathetic
- Strengthens motivation (resolves ambivalence)
- Empowers the individual
- Directional

## **Person-Centered Planning...**

- Focuses on the individual
- Optimizes choice and independence
- Encourages personal responsibility
- Empowers the individual
- Structures the process to define goals and outcomes

# It's Options Counseling When...

- **The individual defines the goals and is invested in achieving goals (PCP)**
- The individual feels heard and valued
- **The individual is motivated to make changes (MI)**
- The individual is satisfied with the decisions and the plan
- The options counselor has explained all available options
- PCP empowers people to have a voice (person rather than systems focused)
- MI explores & resolves ambivalence to engage person's intrinsic motivation

# Exercise



## **Blitz Exercise**

Identify as many terms as you can that apply to the missions of Person-Centered Planning and Motivational Interviewing

# Let's Practice

Identify 3 likely scenarios

- (1) Start the conversation
- (2) Reflect
- (3) Suggest / Direct
- (4) Follow-up

# Let's Practice

(1)

- **Start the Conversation**
  - Ask open ended questions
  - Employ empathy

# Let's Practice

(2)

- ❑ Reflect

- ❑ Listen
- ❑ Consolidate
- ❑ Articulate

- ❑ Remember to...

- ❑ Ask open ended questions
- ❑ Employ empathy

# Let's Practice

(3)

- Suggest / Direct
  - Build upon reflection
    - Ask open ended questions
    - Identify appropriate services/options
  - Use client's own perspectives to help direct them towards the options that support their needs

# Let's Practice

(4)

## ❑ Follow-Up

- ❑ Based upon the insights gained during the conversation, document:
  - ❑ What must be done to support the client's goals?
  - ❑ Who else should be involved to ensure success?
  - ❑ When is an appropriate time to follow-up (two weeks, three months, etc.)?
  - ❑ How will you measure the results/outcome of this plan?





# Review

Person-Centered Planning and Motivational Interviewing are tools to support Options Counseling

- ❑ **Interactive** (Conversation / Dialogue)
- ❑ **Supportive** (Client-focused)
- ❑ **Directive** (Contextual; Requires follow-up)

A grayscale photograph of two hands shaking, with a red horizontal bar overlaid across the middle. The word "Questions?" is written in white on the red bar. The background is a solid dark gray.

Questions?

# Some Resources

## **Wisconsin ADRC Communication Module Workbook**

[http://www.adrc-tae.acl.gov/documents/comm\\_module.pdf](http://www.adrc-tae.acl.gov/documents/comm_module.pdf)

## **Look Back, Plan Forward**

<http://www.lookbackplanforward.com/what-is-person-centered-planning/>

## **Cornell University Person-Centered Planning Education Site**

<http://ilr-edi-r1.ilr.cornell.edu/PCP/>

## **Sabine Video**

[http://www.youtube.com/watch?feature=endscreen&NR=1&v=pTI7Rvdi-\\_g](http://www.youtube.com/watch?feature=endscreen&NR=1&v=pTI7Rvdi-_g)

## **Intro to Motivational Interviewing Video**

<http://www.youtube.com/watch?v=cPd1aLOfwF4>



**Thank You!**

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