

**Allegany Rehabilitation Associates  
Personalized Recovery Oriented Services**

**Title of Service:** Motivational Interviewing

**Total Number of Sessions:** 12

**Duration of each session:** 45 minutes

**PROS Service: IR-Integrated Dual Disorder Treatment**

**Target population:**

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorders, Personality Disorders
  
- **Barriers to be overcome:**
  - Feelings of ambivalence towards treatment and change.
  - Difficulty moving through stages of change.
  - Low self-esteem or belief that success is possible.
  - Risk of symptoms/substance relapse due to feelings of failure or low ambition to change.

**Service Goal:**

The goal of this group service is to use motivational interviewing to elicit problem recognition, discrepancies, and change talk. In addition, this group seeks to affect the client's process of change in order to help them be successful in treatment and enhance their desire to change.

**Service Objectives:**

- To learn about and identify the specific stage of change clients are in.
- To assess the degree of impact that participants' behaviors have had on different areas of their lives.
- To rate commitment and confidence level in changing.
- To learn to identify feelings that are associated with being presented with change.
- Rate pros and cons of current behaviors along with weighing out the short-term and long-term pros and cons of continuing their behavior.
- To learn to identify personal values and how their behavior impacts their values.
- To identify possible changes and improvements that participants' can make in their personal lives.

**Source:**

- Curriculum-Based Motivation Group (Fields, 2004)
- CBT-Skills Workbook: Practical Exercises and Worksheets to Promote Changes (Gregory, 2010).

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**Title of Service:** Motivational Interviewing

**Session:** 1

**Duration:** 45 minutes

**Service Objective(s):**

- To orient participants to Motivational Interviewing Group.
- To learn feelings associated with change.

**Handouts:**

- Handout 3-Freedom Exercise

**Materials:**

- Folders, pens, dry erase markers.

**Activities:**

- Have clients briefly introduce themselves: name, why they are in the group, and who their counselor is.
- Distribute a folder to each participant and have them put their name on it. Explain that they are to keep exercises completed in group from week to week.
  - Offer to keep folders from week to week.
- Explain that honesty is an important aspect of group. Participants will be asked to complete exercises each time they come into group and the more honest they are, the more they will gain from the exercises.
- Discuss feelings related being mandated or leveraged to change (“Handout 2).
- Distribute and review **Handout 3- Freedom Exercise** for participants to complete during group.
- Discuss participants’ responses.
- Explain and discuss the purpose of the Motivational Interviewing group.

**Homework:**

- None

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**Title of Service:** Motivational Interviewing

**Session:** 2

**Duration:** 45 minutes

**Service Objective(s):** To be able to identify how behavior has negatively impacted different areas of participant's life.

**Handouts:**

- Handout 5- Pre Assessment Exercises, Areas of Impact
- Group Summary worksheet (p.32).

**Activities:**

- Review and distribute **Handout 5- Pre Assessment Exercises, Areas of Impact for participants to complete in group.**
- Have participants complete part A first. When everyone is done explain part B:
  - Have participants select items circled 3 or 4 from above and list them in order of importance.
  - Have participants read and discuss their responses.
- Distribute **Group Summary** worksheet for clients to complete during group.
  - Explain that this worksheet will be completed in the last 5 minutes of group every week to monitor progress.
- Collect Group Summary worksheets to be kept in participants' individual folders.

**Homework:**

- None

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**Title of Service:** Motivational Interviewing

**Session:** 3

**Duration:** 45 minutes

**Service Objective(s):** Participants will enhance their understanding of the stages of change and will be able to identify which stage they are currently in.

**Handouts:**

- Group Summary worksheet (p.32)
- Handout 6 (p. 27)

**Activities:**

- Explain and discuss the stages of change that people normally pass through when changing their behavior.
- Distribute **Handout 6** and have participants shade where they think they are on the wheel as of today.
  - Have participants share their responses.
  - Collect completed **Handout 6** to be kept in participants individual folders.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants' individual folders.

**Homework:**

- None

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**Title of Service:** Motivational Interviewing

**Session:** 4

**Duration:** 30-45 minutes

**Service Objective(s):** Participants will identify personal strengths and supports that can help them change and increase their level of change talk.

**Handouts:**

- “Identifying Personal Strengths and Supports” (p.2).
- “Increasing Change talk” (p.10).
- Group Summary worksheet (p.32).

**Activities:**

- Discuss what personal strengths and supports are and their importance in the change process.
- Distribute “Identifying Personal Strengths and Supports” handout for participants to complete in group.
  - Have participants discuss their responses.
- Explain and discuss what *change talk* is and its importance in the change process.
- Distribute “Increasing Change Talk” handout for participants to complete in group.
  - Have participants discuss their responses.
- Collect both handouts to be kept in participants’ individual folders.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants’ individual folders.

**Homework:**

- None

**Allegany Rehabilitation Associates  
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**Title of Service:** Motivational Interviewing

**Session:** 5

**Duration:** 45 minutes

**Service Objective(s):** Participants will evaluate their readiness to accept things they can not change. Participants will be able to identify 3 things that they can't change in their life and 4 strategies to let go of those things they can't change.

**Handouts:**

- “Readiness to Accept Things You Can’t Change” (p.27)
- “Accepting Things You Can’t Change” (p.28)
- Group Summary worksheet (p.32).

**Activities:**

- Discuss the concept of “letting go.”
- Discuss why sometimes it is best to “let go” or accept the things in life that can’t be changed.
- Distribute “Readiness to Accept Things You Can’t Change” and “Accepting Things You Can’t Change” handouts to be completed in group.
- Have participants share their responses.
- Collect both worksheets to be kept in participants’ individual folders.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants’ individual folders.

**Homework:**

- None

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**Title of Service:** Motivational Interviewing

**Session:** 6

**Duration:** 30-45 minutes

**Service Objective(s):** Participants will be able to identify their level of commitment to change and level of confidence they have to do so. Participants will also enhance their understanding of individual potential.

**Handouts:**

- Group Summary worksheet (p.32).
- Handout 7 (p. 29)

**Activities:**

- Explain and discuss the role of commitment and self-confidence in the change process.
- Distribute **Handout 7** for participants to complete in group and have them discuss their responses.
- Collect completed **Handout 7** to be kept in participants individual folders.
- Read the poem entitled “Potential” (p. 86) and have clients discuss what the poem means to them and how it applies to each of their lives.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants’ individual folders.

**Homework:**

- None

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**Title of Service:** Motivational Interviewing

**Session:** 7

**Duration:** 45 minutes

**Service Objective(s):** Participants will be able to identify specific feelings associated with changing their behavior. Participants will also be able to link their feelings to the areas of their life that have been impacted by their behavior.

**Handouts:**

- Group Summary worksheet (p.32).
- Handout 9 (p.39-40)
- Participant's completed Handout 5

**Activities:**

- Distribute **Handout 9** for participants to complete in group. Have participants complete only *Exercise 1* at this stage.
- Re-distribute, from their folders, each clients completed **Areas of Impact** (Handout 5) worksheet completed in session 2. Participants will need this to complete the next exercise.
- Read and explain the instructions for Handout 9-exercise 2 and have participants complete it:
  - Have participants focus on (part B) of their Areas on Impact Worksheet where they have prioritized areas of their lives impacted by their behavior.
  - On their Areas of Impact worksheet, have them identify feelings related to each of the identified areas.
  - Explain that hearing themselves say what they have written is an important part of the process and encourage them to share the connections they have made.
- Collect Handout 9 and Areas of Impact worksheet to be kept in participants' individual folders.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants' individual folders.

**Homework:**

- None



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**Title of Service:** Motivational Interviewing

**Session:** 8

**Duration:** 45 minutes

**Service Objective(s):** Participants will identify pros and cons of current behaviors and weigh out the short term and long term pros and cons of continuing their behavior.

**Handouts:**

- Group Summary worksheet (p.32)
- Handout 10a (p.47)
- Handout 10 (p.50)

**Activities:**

- Complete the *Brainstorming Exercise* (p. 44) with the group.
- Explain and discuss how engaging in their behavior is about immediate gratification.
- Distribute Handouts 10a and 10 to be completed in group and have participants identify their individual pros and cons and answer questions 1-3.
- Have clients discuss their responses.
- Collect Handouts 10a and 10 to be kept in participants individual folders.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants individual folders.

**Homework:**

- None

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**Title of Service:** Motivational Interviewing

**Session:** 9

**Duration:** 45 minutes

**Service Objective(s):** Participants will identify 2 activities or behaviors they could utilize to help them avoid or alter a behavior.

**Handouts:**

- Group Summary worksheet (p.32).
- Handout 12 (p.55-56)

**Activities:**

- Explain and discuss altered states and how altered states influence participants' behaviors.
- Explain and discuss the three types of experiences relied on to achieve feelings of well-being.
- Explain that different addictions and compulsive behaviors fit into these same categories.
- Distribute Handout 12 to be completed in group.
  - Have participants mark the list of alternatives they would be willing to do.
  - With the items they have marked, have them use the Altered State Categorizer (p.57) to list the activities they selected next to the appropriate category.
- Collect Handout 12 to be kept in participants' individual folders.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants individual folders.

**Homework:**

- None

**Allegany Rehabilitation Associates  
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**Title of Service:** Motivational Interviewing

**Session:** 10

**Duration:** 45 minutes

**Service Objective(s):** Participants will learn about personal values and discrepancies between values and behavior. Additionally, they will be able to identify values that are of high priority to them.

**Handouts:**

- Group Summary worksheet (p.32).
- Handout 13 (p.63)
- Handout 14 (p. 66-67, & 69)

**Activities:**

- Explain and discuss values and how they are obtained.
- Discuss the the concept of discrepancies between values and behaviors.
- Distribute Handouts 13 & 14 for participants to complete in group.
- Have participants discuss their responses.
- Collect Handouts 13 & 14 to be kept in participants individual folders.
- Distribute Group Summary worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants individual folders.

**Homework:**

- None

**Allegany Rehabilitation Associates  
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**Title of Service:** Motivational Interviewing

**Session:** 11

**Duration:** 45 minutes

**Service Objective(s):** Participants will be able to identify how their behavior has negatively impacted different areas of their life. Participants will identify any personal movement through the stages of change.

**Handouts:**

- Group Summary worksheet (p.32).
- Participant's Completed Handout 5
- Participant's Completed Handout 6
- Handout 16
- Handout 17

**Activities:**

- Pre-Test/Post-Test Activity: Distribute Handouts 16 and 17 for participants to complete.
- Distribute completed handouts 5 and 6 from sessions 2 and 3 .
- Have participants compare and contrast changes in their areas of impact and stage of change.
- Ask participants to identify the exercises that have been helpful any changes. What has been challenging? How has this group impacted progress toward achieving their life role goal?
- Collect all handouts to be kept in participants' folders.
- Distribute **Group Summary** worksheet for clients to complete during group.
- Collect Group Summary worksheets to be kept in participants individual folders.

**Homework:**

- None

**Allegany Rehabilitation Associates  
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**Title of Service:** Motivational Interviewing

**Session:** 12

**Duration:** 45 minutes

**Service Objective(s):** Participants will identify any changes in their level of self-commitment and self-confidence to change. Participants will identify how their behavior and/or thinking has changed over the 12 week group.

**Handouts:**

- Group Summary worksheet (p.32).
- Participants' Handout 7 from session 6
- Handout 18
- Handout 19

**Activities:**

- Pre-Test/Post-Test Activity: Distribute Handout 18 for participants to complete.
- Distribute completed Handout 7 from session 6.
- Have participants compare and contrast changes in their levels of Self-Commitment and Self-Confidence.
- Ask participants to identify the skills/exercises/discussion that have been helpful in changing their levels of confidence and commitment. What has been challenging? How has this group impacted progress toward achieving their life role goal?
- Distribute Handout 19 for participants to complete.
- Ask participants to share their responses.
- Distribute individual folders for participants to keep.

**Homework:**

- None