

Let's Talk

Season 1 – Episode 5

12/05/2023

1. **Intro message** – Previously recorded
2. **Introduction** – Previously recorded
3. **Affirmation – Add music in Production Guest**

Hello...I am Kate Walczak, and I am a foster and adoptive parent.

Today's affirmation is from world renowned poet, dancer, singer, activist, and scholar Maya Angelou. She stated, *"my mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."*

4. **Explanation of what's in store – La Tanya**
 - a. Thank you for sharing that inspirational quote, Lania!
 - b. In our previous episodes we mentioned there are 6 traps to avoid and so far, we have shared three (3) - the Righting Reflex Trap, the Expert Trap, and the Question-and-Answer Trap. Remember, falling into these traps can keep us from doing good Motivational Interviewing when partnering with our youth and families.
 - c. In our next season of Let's Talk we will continue our conversation on TRAPS, but today we are going to take a deep dive into the spirit of MI.
5. **Topic 2 – The spirit of MI – Michelle**
 - a. **Supporting point**
 - i. La Tanya the Spirit of MI is known as PACE - - Partnership, Acceptance, Compassion and Evocation. These are essential to our work with families when using Motivational Interviewing.
 - ii. **The P in PACE is Partnership** – In episode 2 we talked a bit about Partnership. We mentioned partnership with the family promotes a family-centered approach and acknowledges the family strengths, seeks, and values the family's contribution, and asks permission before giving advice, suggestions, or sharing insights.
 - iii. The A is **Acceptance** – We are going to spend a little time here because there are 5 ways that acceptance is expressed when using MI.
 1. **Acceptance is demonstrated by valuing the Absolute worth of others.** This is the idea that all people deserve our respect and compassion. While this one sounds like a no brainer, our own

values, experiences, and culture can sometimes make it difficult for us as professionals to really accept people for who they are and where they are in life!

2. **Acceptance is also shown when you express Accurate empathy.** This is our ability to understand the family's perspective. We have a great example to share with you from mental health professional and author Brene Brown –insert empathy recording video link: <https://youtu.be/1Evwgu369Jw?si=EFEM2SwsUOMXeUs2>
 - a. Who wants a sandwich! The sandwich metaphor was a great way for us to remember empathy!
 - b. We have talked about absolute worth and accurate empathy. Let's talk about the final two ways to demonstrate acceptance.
3. **Acceptance is supporting the family's Autonomy.** Autonomy is the family's right to make their own choices in their change process. A few examples would be choosing where to have their child and family team meetings, family meetups, services, and supports included in their plan, etc.
4. **And finally, acceptance is providing Affirmations.** Affirmations is not about being the cheerleader. It is about providing real recognition that is meaningful. An example would be, "contacting your sister for support demonstrated the strength you carry within".

b. **Supporting quote** - Eckhart Tolle a **spiritual teacher and author** who teaches the power of living said, "*Acceptance of the unacceptable is the greatest source of grace in this world.*"

a. **Supporting Data – La Tanya**

i. I love that! Michelle lets finish up the last two letters of PACE which is the C and E.

b. C is for **Compassion** – Compassion is not the way we think. This approach is not a personal feeling or the need to "suffer with" our families. Instead, Compassion is our ability to actively promote, give priority to needs and welfare of our families. When we are compassionate, we deliberately commit within our hearts to pursue the welfare and best interests of our families. In this we are building trust with our families which in turn provides outcomes to developing the goals needed for their journey of change.

c. And lastly the E is for **Evocation** – When we first encounter families sometimes we have thoughts about "what is going wrong" or "what can I do to make this better" kind of like the Right Reflex Trap way of thinking. Prior to meeting us, families have achieved many goals and made the best decisions for change using

their wisdom, experience, and inner motivation. It is our responsibility to evoke or “call it forth”. According to Drs. Miller and Rollnick, “it is particularly important to focus on and understand the person’s strengths and resources rather than probe for deficits”. When we use evoking, we partner with families and this communicates family voice and choice as they take their change journey.

b. Closing – La Tanya

a. Main point

- i. The spirit of MI – Partnership, Acceptance, Compassion and Evocation – P.A.C.E. gives us skills to use when working with families.

b. Supporting data

- i. As we continue our MI journey together on Let’s Talk, we will continue to share tips, tools, and education on Motivational Interviewing.
- ii. On our next episode we will have a very special guest in house with us to discuss and demonstrate Reflective Listening using MI.

c. Call to action - Michelle

In the meantime, we would love to hear from you! So, Let’s talk! Tell us what you think about the episodes, make suggestions, ask questions, or anything else you’d like to talk about. Just email us at DCFS.ORCW@illinois.gov. We can’t wait to hear from you.

d. Closing Song & Message

a. I’m Michelle Moreno

b. and I’m La Tanya Riggs We hope you enjoyed your time with us and we can’t wait for you to join us again on Let’s Talk.

e. Sponsor & Disclaimer message – Previously Recorded

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