Five Interventions for Your Toolbox

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Objectives

Become reacquainted with therapeutic principles
Identify interventions to utilize in practice
Motivational Interviewing

Developed by William Miller and Stephen Rollnick
Motivational Interviewing

Four foundational skills/interventions of M.I.

1. Open-ended questions
2. Affirmations
3. Reflections
4. Summaries
Open-Ended Questions
Cognitive Behavioral Therapy

Developed by Aaron Beck, in the 1960’s
CBT – Cognitive Distortions

Polarized Thinking
Overgeneralizations
Jumping to Conclusions
“Shoulds”
Emotional Reasoning
Catastrophizing
Catastrophizing
Solution-Focused Brief Therapy

Developed in the 1970’s by Insoo Kim Berg and Steve DeShazer.
Solution Focused Brief Therapy Interventions

- Questions Using 1 – 10 Scales
- The Miracle Question
- Coping Questions
Coping Questions
Social Support Theory

Social Networks were first described by J.A. Barnes, a social anthropologist, in the 1950’s.
Social Support Theory

4 Types of Support:

• Emotional Support
• Instrumental Support
• Informational Support
• Appraisal Support
Who was the first person you told you were pregnant?
Problem-Solving Therapy
Developed by Jay Haley in the 1960’s and 70’s
Problem Solving Therapy

- Identifying problems
- Generating ideas or solutions
- Choosing the best solution
- Developing a plan to carry out the solution
- Evaluation of how the plan worked
Generating Ideas or Solutions
(Brainstorming)