8.3 INSTRUCTIONS:

Motivational Interviewing and Faith Integration

**Getting Started**

There is a new initiative to incorporate faith/spirituality into the *Screening, Brief Intervention and Referral to Treatment*(SBIRT) model. As part of this initiative three experts to sit down and discuss the considerations for integrating faith & spirituality in five short videos. The following videos compose a 5-part series for [Faith & Spirituality Integrated SBIRT](Faith%20&%20Spirituality%20Integrated%20SBIRT). LINK-  <https://sbirt.publichealthcloud.com/www/lms/faculty-faith.aspx>

* Substance Use from a Biopsychosocial-Spiritual Perspective
* Addressing Faith & Spirituality in SBIRT
* Ethnic and Cultural Considerations when Addressing Spirituality in SBIRT
* Faith & Spirituality in SBIRT: Resources and Barriers
* Substance Use from a Christian Spiritual Framework

In this Workshop, you will be discussing how faith and spirituality integrated SBIRT can be used in social work practice.

As you learned in the SBIRT training you completed in Assignment 8.2, Motivational Interviewing (MI) techniques are widely used in the area of substance use disorders. It is based on a premise that “rolling with resistance” is more effective than confrontation. One skill used in MI is called the OARS. This stands for using **O**pen-ended questions, **A**ffirmation, **R**eflections, and **S**ummarizing. MI also draws from other person-centered approached such as Solution-Focused interventions that use scaling questions (e.g. “How confident are you on a scale from one to ten that you can do this step?”). In this Workshop, you will be watching a bad example of a clinician using MI with a client and then you will watch the same clinician demonstrate how to effectively use MI with the same client.

**Upon successful completion of this assignment, you will be able to:**

* Formulate a planned change process that demonstrates the importance that diversity and difference make in clinical social work practice (PLO 6).



**Background Information**

In this workshop, you will be watching a “good” and “bad” example of Motivational Interviewing techniques during an SBIRT interview.  You will also be watching some short videos on how to incorporate faith/spirituality into an SBIRT model. Your assignment will entail writing a summary of how you can infuse faith/spirituality with the SBIRT model for social work practice.



**Instructions**

1. Review the rubric to make sure you understand the criteria for earning your grade.
2. Watch the following videos demonstrating Motivational Interviewing:
   1. [Motivational Interviewing - Bad Example](https://www.youtube.com/watch?v=_VlvanBFkvI&t=1s)

<https://www.youtube.com/watch?v=_VlvanBFkvI&t=1s>

* 1. [Motivational Interviewing - Good Example](https://www.youtube.com/watch?v=67I6g1I7Zao)

<https://www.youtube.com/watch?v=67I6g1I7Zao>

1. Read the following:
   1. Chapter 13 in *Mental Health in Social Work*
   2. "Substance-Related and Addictive Disorders” in the *DSM-5*
2. Watch the 5-part series on [Faith & Spirituality Integrated SBIRT](https://sbirt.publichealthcloud.com/www/lms/faculty-faith.aspx).

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1. In a Summary paper, respond to the following:
   1. Video 1: What are the benefits of incorporating faith/spirituality into the assessment of substance abuse using BPSS the model?
   2. Video 2: How can personal faith and church culture help in recovery?
   3. Video 3: Describe the difference between “Cultural Competence” and “Cultural Humility”.
   4. Video 4: How can we use OARS to address religion and spirituality?
   5. Video 5: Discuss the relation between substance abuse and sin on an individual and systemic level.