

**A5: Interacting
With Participants
From The Bench:
Motivational
Interviewing 101
For Judges**

Hon. Carrie E. Garrow
Chief Judge
Saint Regis Mohawk
Tribal Court

DISCLAIMER

- *This project was supported by Grant No. 2019-DC-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justices, The Office of Juvenile Justice and Delinquency Prevention, the Office of Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.*



Before We Begin...

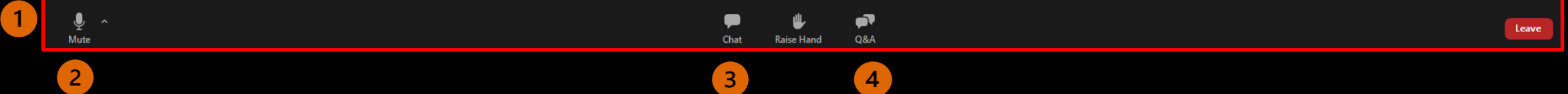
Here are some friendly housekeeping reminders

- 1 Your control panel will appear at the bottom of your user screen. (As shown below)
- 2 All attendees will be muted during the presentation.
- 3 Use the Chat box to submit a comment to “All Presenters” or “Presenters & Everyone”
- 4 If you have a question, please type it in the Q&A box

Please complete the CE Sign-in form, when the link is dropped in the chat box.

Please complete a workshop session evaluation.

This session will be recorded. Recordings will be available on this platform and [EnhancementTraining.org](https://www.enhancementtraining.org).



HWC KEY COMPONENT #7

Ongoing Tribal Wellness Court judge
interaction with each participant is
essential



NADCP BEST PRACTICE STANDARD

#3

- supportive comments
- stress the importance of their commitment
- expresses optimism
- does not humiliate
- does not subject them to foul or abusive language.
- allows participants a reasonable opportunity to explain
- studies have consistently found that Drug Court participants perceived the quality of their interactions with the judge to be among the most influential factors for success in the program

FAMILY TREATMENT COURT BEST PRACTICE STANDARDS #2 ROLE OF THE JUDGE

Rapport with participants is among the most important components of the FTC

Explaining responses

Reinforcing treatment adjustments

Engaging

Supportive

Encouraging

Emphasizing participant's strengths and importance of continued engagement

Result - more likely to comply with treatment and have better outcomes



HOW DO I
DO THAT?

MOTIVATIONAL
INTERVIEWING
WITH OFFENDERS

Engagement, Rehabilitation,
and Reentry

Jill D. Stinson and Michael D. Clark

335 x 499

MOTIVATIONAL INTERVIEWING

WHY MOTIVATIONAL INTERVIEWING?

- Evidence based practice (talking things out is an indigenous approach)
- Behavior change – reform/restorative
- Prepares offender for change
- Shifts balance of responsibility – we are agents of change rather than responsible for change
- Suggests effective ways of handling resistance and keep things from getting worse



FOUR
ELEMENTS
OF THE SPIRIT
OF MI -
PACE

Partnership

Acceptance

Compassion

Evocation

PARTNERSHIP

- Compliance = us v. them
- Change = allies
- Work to change behavior that led to punishment NOT inflict further punishment
- Participant is the agent of real change
- Our role – be curious
- Let go of our favorite tools – telling, teaching, advice giving
- Just in case you're not worried – This IS Hard



ACCEPTANCE



- Paradox
- Not condoning behavior – but acknowledge the reality
- Four key components
 - Absolute worth
 - Accurate Empathy
 - Autonomy-Support
 - Affirmation

ACCEPTANCE - ABSOLUTE WORTH

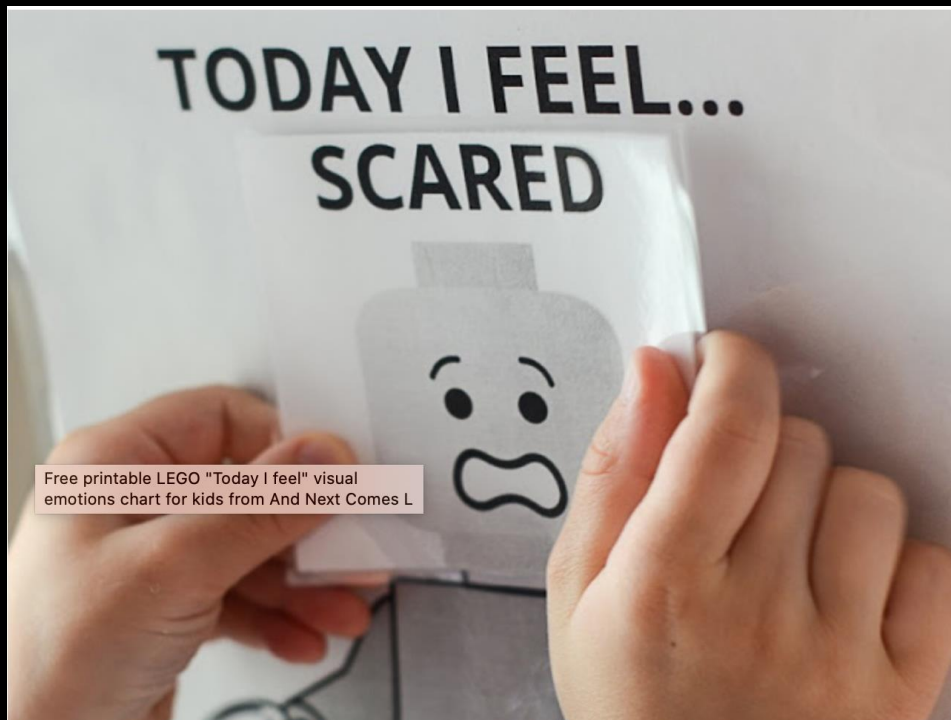
- Every person has potential
- Challenge is to look within ourselves and decide for ourselves whether criminal behavior negates humanity.
- The opposite is judgmental condemnation



- Empathy is not connecting to an experience, it's connecting to the emotions that underpin an experience.
Brené Brown, Daring Leadership

ACCEPTANCE
ACCURATE
EMPATHY -
LISTEN THE WAY
YOU WANT TO
BE LISTENED TO

BRENÉ BROWN'S EMPATHY SKILLS



- See the world as others see it –honor their truth
- Be nonjudgmental
- Understand another person's feelings
- Communicate your understanding of that person's feelings
- Mindfulness – paying attention

ACCEPTANCE – AUTONOMY -SUPPORT



Freedom to choose own course of action



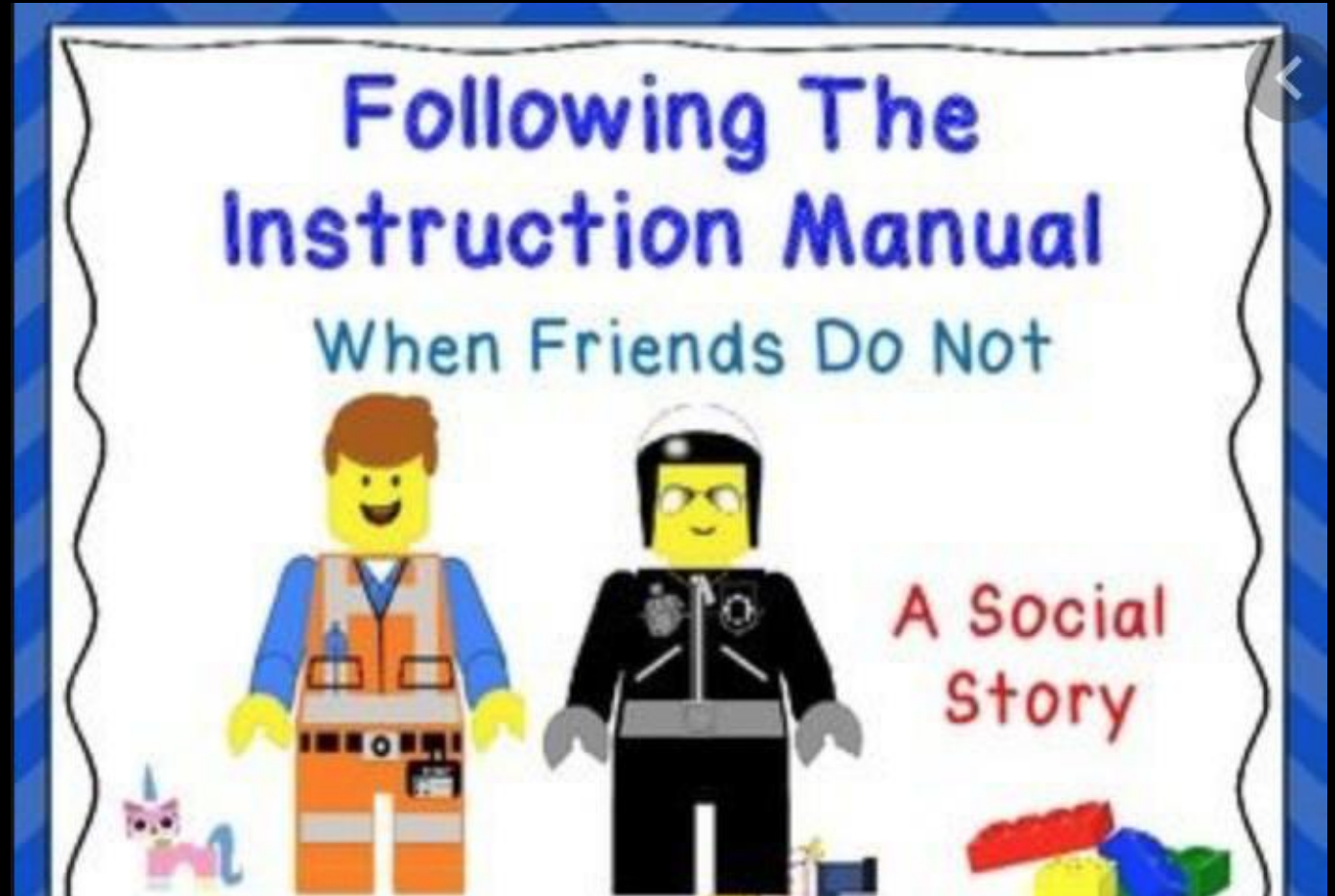
Can't do this vs. make good choices



The judge applies the consequences



Make aware it's your choice, here are the consequences - neutrally



ACCEPTANCE - AFFIRMATION



VERBALIZE SUPPORT



RECOGNIZE THEIR SURVIVAL



RECOGNIZE THEIR COMMITMENT TO KEEP GOING



AFFIRMATIONS MOBILIZE THEIR STRENGTHS



COMPASSION

- It isn't just empathy
- "attention to values, patience, and connection"
- Compassion requires both courage and vulnerability
- It is NOT pity



EVOCAATION

- Trust people have what they need to change within them - it's already there
- Our job is to draw it out – aspirations, values, competencies
- Stay close to their definition of the problems and solutions
- Focus on strengths
- Focus on what could do



THE ART OF LISTENING



HOW DO I LISTEN?

- Take down your filters
- Be curious
- Absorb as much as possible
- Work to suspend beliefs and be impartial
- Appreciate uniqueness of person
- The Key – what you say in response



HOW TO START?

- Prepare your mind
- Stop talking
- Practice

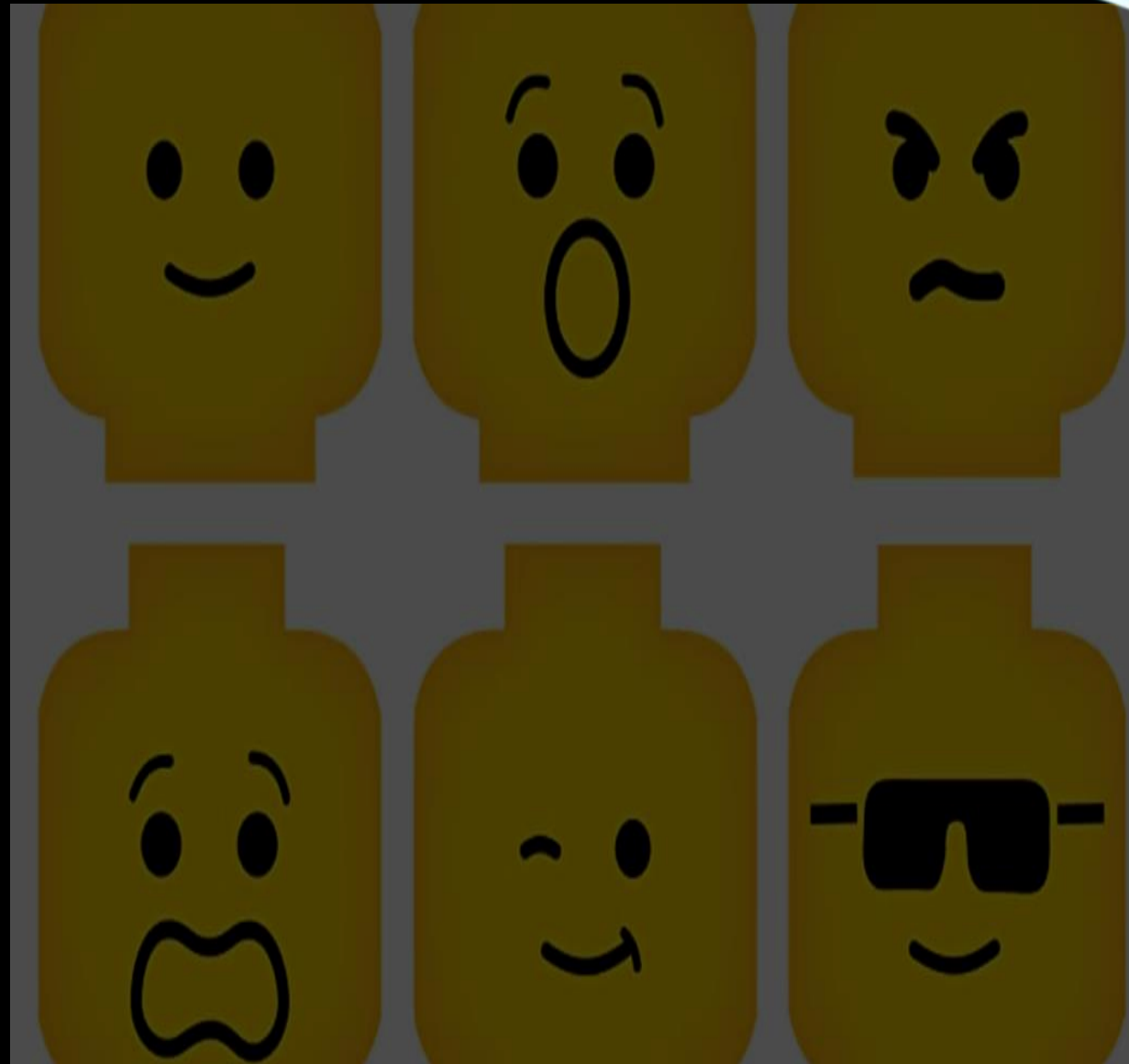


Kristal Dubois

LISTENING IS COMMUNICATION

- Undivided attention
- Eye contact
- Facial expressions

I've LISTENED –
Now what?



REFLECTIVE LISTENING

- Participants need to know you heard them
- Keep it simple – less is more – get to point
- Remove “I” from reflective statements – keep focus on participant



REPETITION



- Use their own words to repeat
- Helps you understand
- Use it if your drifting
- Slows down conversation and accentuate points
- Don't use too much

SIMPLE REFLECTIONS

- Repeat or minimally paraphrase what was said
- Use themes rather than words



ROADBLOCKS

- Get in way of self-exploration
- Derail from natural flow of thoughts
- Imply power differential
- BUT you're a judge



GORDON'S ROADBLOCKS TO ACTIVE LISTENING

- Ordering, directing, commanding
- Warning, cautioning or threatening
- Giving advice, making suggestions, or providing solutions
- Persuading with logic, arguing, or lecturing
- Telling people what they should do; moralizing
- Disagreeing, judging, criticizing, or blaming
- Agreeing, approving, praising (BUT)
- Shaming, ridiculing, labeling
- Interpreting or analyzing
- Reassuring, sympathizing, or consoling
- Questioning or probing
- Withdrawing, distracting, humoring, or changing the subject



EVALUATIONS

Please remember to fill out the workshop evaluation
- hyperlink is in the chat.

Workshop Information:

Monday, September 28, 2020

1:15 PM - 2:30 PM

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