



# Safety Planning and Motivational Interviewing

Indiana Youth Institute | June 2021

[www.iyi.org](http://www.iyi.org)

## Safety Plans

### Create a Safety Plan

*(National Domestic Violence Hotline)*

This interactive guide to safety planning allows users to create a personalized safety plan. Users will be asked a series of questions to help them identify their safety options.

### Safety Planning with Children

*(National Network to End Domestic Violence)*

This page offers tips on safeguarding children's physical and emotional health while still in an abusive relationship. Covered are legal and other considerations for planning to leave an abuser.

### Develop a Safety Plan

*(The Center for Relationship Abuse Awareness)*

This webpage provides resources for various safety plans such as a personal safety plan, a safety plan for the workplace, safety planning for teens, and stalking safety plan.

### Safety Planning with Survivors: Core Concepts

*(Washington State Coalition Against Domestic Violence)*

This webinar covers the theory behind safety planning and how to do it well in real life. This is helpful for anyone who works closely with survivors, particularly new advocates and those looking for a fresh perspective on a classic advocacy technique.

### The Role of an Advocate in Safety Planning

*(Utah Domestic Violence Coalition)*

This training will inform attendees on when to safety plan, how to begin a safety plan, the process of safety planning, as well as suggestions for how to work with victims in various situations where their risk of lethality is high.



## Motivational Interviewing: A Primer for Child Welfare Professionals

(Child Welfare Information Gateway)

This factsheet provides child welfare professionals with an overview of motivational interviewing, describes circumstances when it could be applied, and highlights the basics of the method. It also provides links to additional resources.

## Motivational interviewing for enhancing engagement in Intimate Partner Violence (IPV) treatment: A review of the literature

(Aggression and Violent Behavior, Volume 40)

This article reviews research on the efficacy of motivational interviewing (MI) as a pre-treatment intervention to promote treatment engagement for men who have been mandated or self-referred to attend Intimate Partner Violence treatment.

## Residential Care and Cure: Achieving Enduring Behavior Change with Youth by Using a Self-determination, Common Factors and Motivational Interviewing Approach

(Residential Treatment for Children & Youth)

The author of this resource suggests that higher long-term effectiveness of residential treatment can be achieved by applying a combination of three treatment approaches: the Self-Determination Theory, the Common Factors model, and the Motivational Interviewing approach.

## Four Processes of Motivational Interviewing

### Engaging

The provider and client develop a working relationship.

### Focusing

The provider and client develop and maintain a focus on the client achieving a particular change goal.

### Evoking

The provider helps the client to express his or her own motivation for change.

### Planning

The provider works with the client to cultivate the client's commitment to change and how that change will occur.

Source: Child Welfare Information Gateway



## Teaching Motivational Interviewing to Child Welfare Social Work Students Using Live Supervision and Standardized Clients: A Randomized Controlled Trial

(Journal of the Society for Social Work and Research)

This study tests the efficacy of a brief experiential training approach used to teach motivational interviewing (MI) to child welfare social work students. Researchers hypothesized that students exposed to the experimental training would demonstrate more MI adherent behaviors, experience less decay in skills at follow-up, and report higher levels of self-efficacy and positive attitude toward using MI.

## Adolescent-Focused Motivational Interviewing: An Interactive and Educational Introduction to Breaking Through Barriers to Positively Impact Change

(School Based Health Alliance)

This interactive webinar was designed specifically for school-based healthcare professionals dedicated to identifying and reducing risk behaviors among their youth populations. Through discussion, activities, and video this webinar introduces you to using MI strategies in real-world practice to improve your ability to identify risk behaviors, communicate effectively with youth and motivate them toward positive, healthier choices.

## How do I use Motivational Interviewing to Motivate Parents on my Caseload?

(Florida Institute for Child Welfare)

This video outlines how to use the tenants of motivational interviewing (MI) to engage parents who are ambivalent about changing their behavior. Using the "Spirit" of MI will help you build a collaborative relationship as well as compassion for the families you work with.