

MI and Trauma-Informed Care

How MI skills support SAMHSA's six principles

Principles

Six

Source

SAMHSA, 2014

Use it

Training or supervision

Principle	Goal	MI in action
Safety	Physical and emotional safety.	Compassion. Non-judgment and unconditional positive regard. Drawing out the person's safety needs, values and perspective.
Trustworthiness and transparency	Clear tasks, clear roles, healthy boundaries.	Acceptance and accurate empathy. Complex reflections and reflections of feeling. Clarifying the helper's role. Supporting autonomy.
Peer support	Peer support and self-help offer safety and hope.	Partnership. Peers sharing their recovery journeys. Linking people's experiences.
Collaboration and mutuality	Leveling power between people and providers. The person steers their own care.	Partnership and collaboration. Elicit-Provide-Elicit. Asking permission. Evocative questions.
Empowerment, voice and choice	Person-centered recovery, shared decisions, self-advocacy and the person's own idea of recovery.	Evocation and autonomy. OARS. Focusing on change talk, strengths and values. Emphasizing personal choice.
Cultural, historical and gender issues	Services that respect each person's culture, gender and background.	Evocation and acceptance. OARS. Emphasizing personal choice and control.

Adapted from: SAMHSA (2014). SAMHSA's concept of trauma and guidance for a trauma-informed approach. HHS Publication No. (SMA) 14-4884. Substance Abuse and Mental Health Services Administration.