

Invitational Recovery

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So What's This About? Good Question!

Faith had a grad school professor who was trained in invitational education. She loved him and his classes. He was the same guy that would yell at her to apply for the doctoral program, messaging her on Facebook reminding her to take her GREs and other stuff way beyond the scope of what a professor usually does. *(He may regret all this now, since everything she publishes has an f-bomb in the title).*

Faith and Joe have both experienced frustration with the theoretical approaches to treating substance use recovery. The gold standards of motivational interviewing doesn't work for everyone. Why is that and how can we address it?



The Theoretical Base of Motivational Interviewing



Motivation is the essential ingredient to the change process.



A strong collaborative relationship (Carl Rogers style) is an important start, but not enough to produce change.



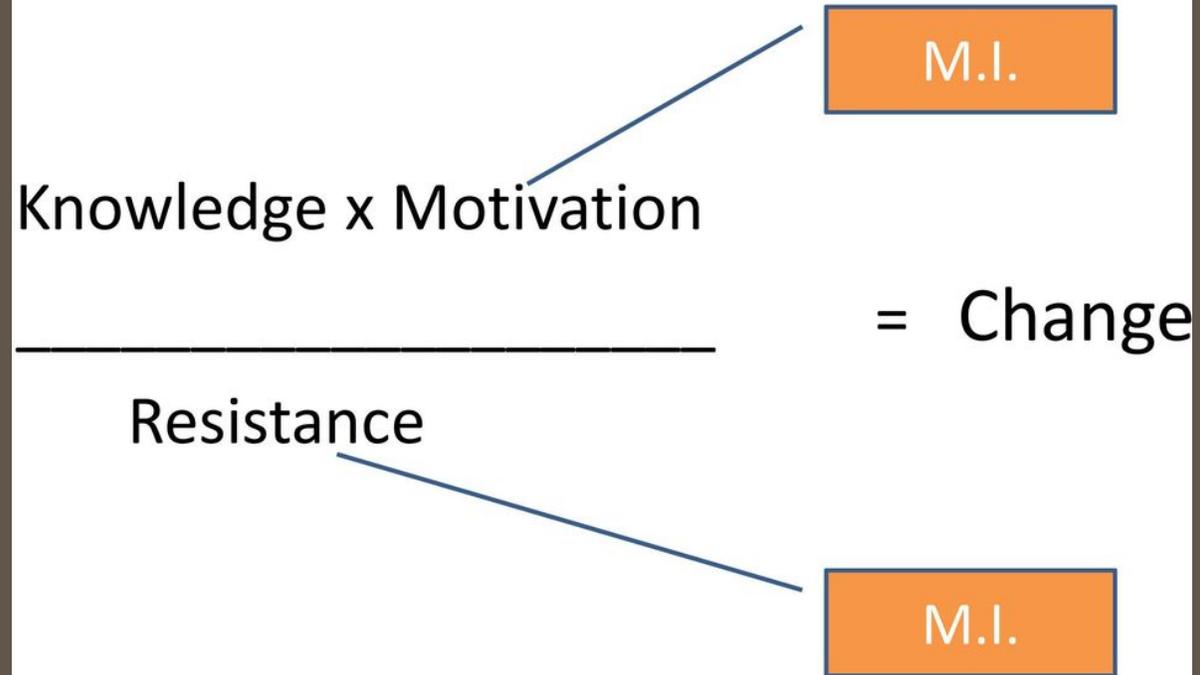
Motivational Interviewing adds a *directive component*. Using concepts from cognitive dissonance theory and self-perception theory, the treatment provider has a specific goal of *reducing client ambivalence* in order to increase motivation to change a target behavior (Lundahl and Burke, 2009).



That is, the intervention of the treatment provider hinges on *therapeutic manipulation*.



Ingredients to Change



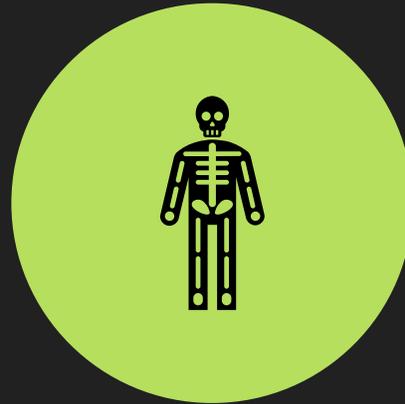
Brad Lundahl, PhD 801 581 4570



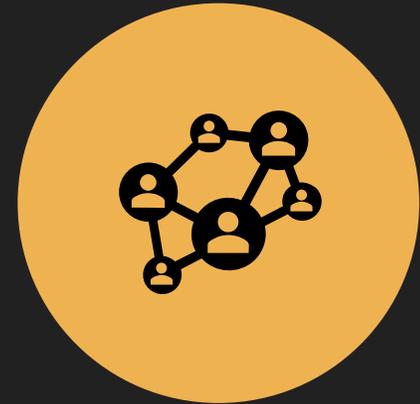
Why Might This Be Problematic?



THE VAST MAJORITY OF INDIVIDUALS WE SERVE HAVE A SIGNIFICANT TRAUMA HISTORY.



BEING CAUGHT UP IN THE JUSTICE SYSTEM IS DISEMPowering AND CAN SERVE AS A TRAUMA IN AND OF ITSELF (ESPECIALLY IF THEIR TREATMENT IS LEGALLY MANDATED).



ALL THERAPEUTIC RELATIONSHIPS SHOULD, FIRST AND FOREMOST, BE COGNIZANT OF ANY INTERACTIONS THAT SERVE TO RETRAUMATIZE THE INDIVIDUALS THEY SERVE.



**People don't resist *change*.
They resist *being changed*.**



**Well, Cool. How do we do
THAT, then?**



Invitational Theory

Invitation: An intentional act designed to offer something beneficial for consideration

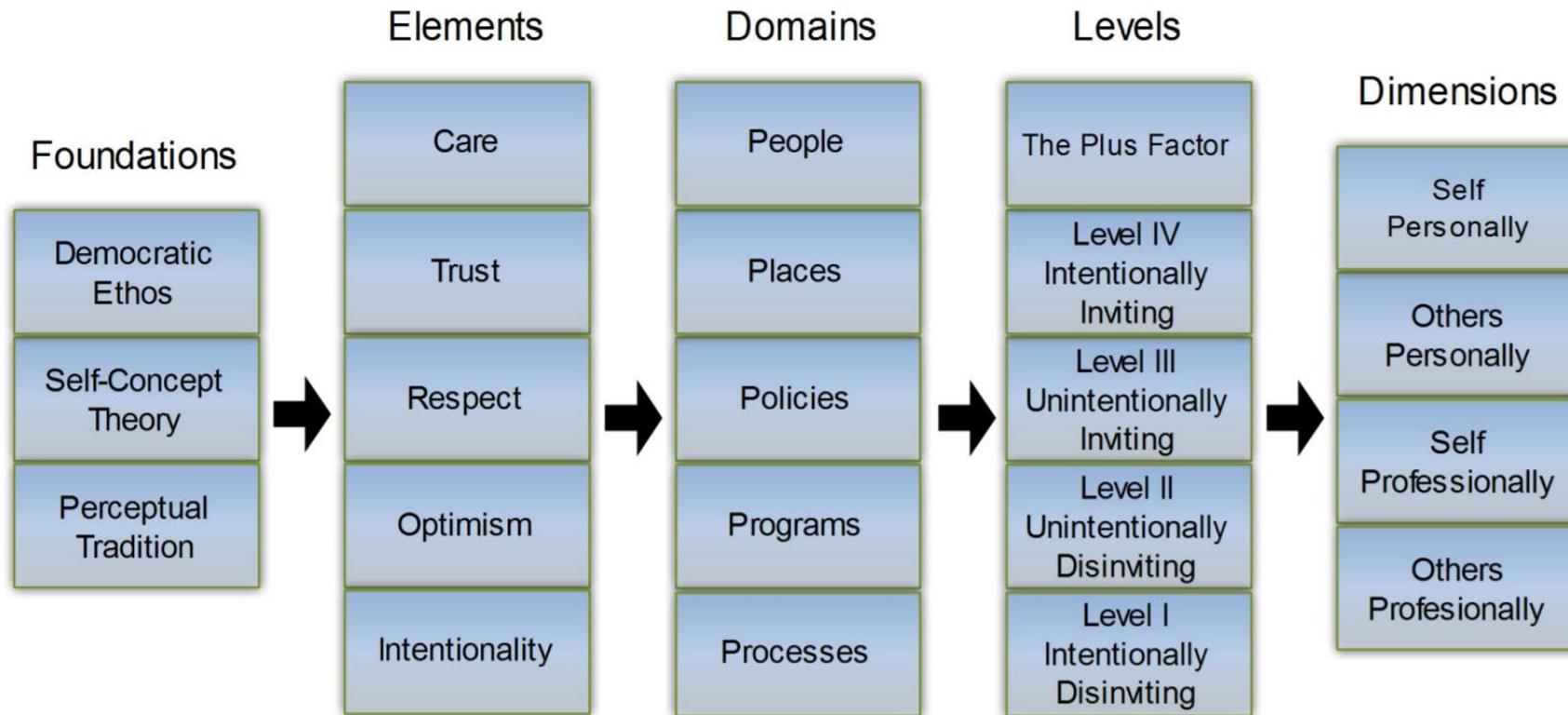
(Purkey and Novak, 2015).

“Implicit in this definition is that inviting is an ethical process involving continuous interactions between human beings”

(Purkey and Novak, 2015).



Invitational Theory



(You don't have to sneak out the door, we aren't going into all of those, we promise.)



If We Are Going To Shift From Motivational To Invitational, We Will Primarily Be Grounded In The 5 Elements

Care

Trust

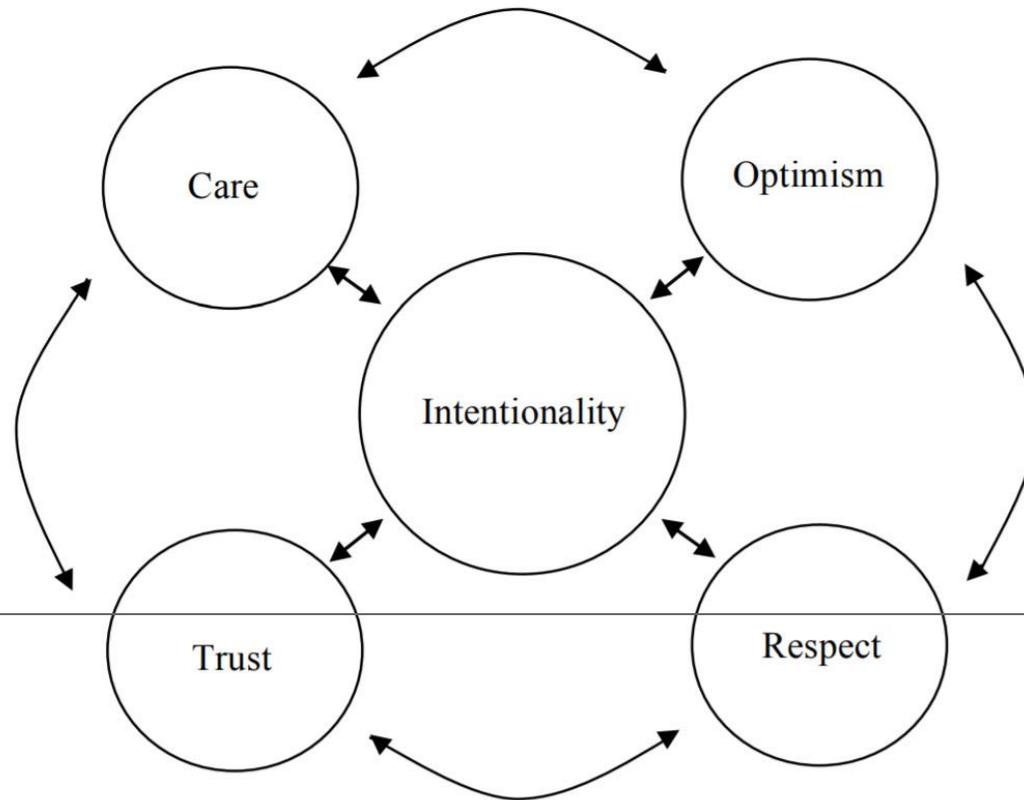
Respect

Optimism

Intersectionality



Elements



Moving From Theory To Practice



Care

- Care is the core inviting stance. Care means being a beneficial presence in someone else's life, because you genuinely care about others and yourself. Warmth, empathy, and positive regard all stem from honestly caring about another person. Anthropologist Ashley Montagu stated that the core human behavioral need is love, and we are incapable of loving others until we have been loved.



Trust

- Humans are healthiest when we are interdependent. Our existence is dependent upon cooperative activity...and the process of our interactions demonstrates as much as the end product. Individuals become relationally grounded when they know that others are doing the best they can, are not setting out to intentionally hurt others, and truly value their relationship.



Respect

- If everyone has value, that means they are inherently worthy of respect, and they are able to make decisions for their own lives. Respect ties into the relational theory idea of *mutuality*. Power is shared, not wielded.



Intentionality

- Intentionality means we represent, or stand for, something of value and are conveying this message to others (intentionality is a late 19th century term coined by philosopher Franz Brentano).
- Intentionality allows us to create, maintain, and enhance environments that demonstrate care, optimism, trust, and respect
- Remember, invitations are intentional acts of offering something for consideration.



**Ok, that's cute. Nice buzzwords.
What does that actually look like,
though?**



Motivational Interviewing

Ct: You know, I don't want to give up drinking. I like being able to party with my friends and my cousins, and everyone drinks.

MI Response: You don't want to give up drinking and partying with people you care about, and, at the same time, you want to get off paper and the judge said you have to get sober.

Ct:yeah.

MI Response: I'm wondering, on a scale of one to ten, with one being not at all ready to even consider not drinking and ten being walking out this door and never drinking again, where are you right now?

Ct: Ok, this is what we are doing? I dunno, a three?

MI Response: Hey, cool. Partway there! What would it take to get you to a four?



Invitational Recovery

Ct: You know, I don't want to give up drinking. I like being able to party with my friends and my cousins, and everyone drinks.

IR Response: You're right, that sucks. All these other people are out there partying without repercussions and here you are, being forced into a decision you don't want to have to make.

Ct: Right?

IR Response: I'd love to hear more about your friends and cousins if you feel like sharing.

Ct: My cousin Jerry? He's always had my back. I was getting bullied in 5th grade because we were poor. And he beat the shit out of anyone that tried to bully me.

IR Response: So he is 100% your person for life. Giving up hanging out with him is not doable. How do you feel about looking at options that don't involve giving up the people that are important to you?



IR Stances

- The provider is not the decider.
- We are there to support the process, not guide it.
- We can provide the benefit of additional resources and viewpoints.
- We can demonstrate that we value someone who has felt value-less within the system.
- We can engage in Socratic dialogue that allows them to explore options and alternatives.
- We can model relational mutuality.



IR Approaches

- Tell me about...
- Help me understand...
- I wonder if...
- Does it make sense if...
- Would it be helpful if...
- Other possibilities may include....
- What do we need to work on today?
- What makes sense for you?
- I'm not the decider.
- I'm here to support you making the decisions you need to make for your own life, you're the one living it.

