

Motivational Interviewing

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Motivational Interviewing

What Is It?

- A strategic approach to help individuals develop a commitment to changing problematic behavior.
- A method that effectively serves those individuals who are reluctant to change and are ambivalent about modifying their behaviors.
- It is a way to facilitate the recognition of problem behaviors and building one's own case for positive change.

~ A client's discomfort with cognitive dissonance can be a springboard for change ~

SOURCE: Miller, William R. and Stephen Rollnick, Motivational Interviewing: Preparing People to Change Addictive Behavior. The Guilford Press, New York, 1991

Why MI?

Because it works to:

- Reduce Resistance to Change
- Increase willingness to participate in treatment
- Increase Change Talk
- Increase therapeutic relationship with clinician
- Increase likelihood that change will continue
- Decrease stress and burnout in staff

Motivational Interviewing

Motivational Interviewing is a therapeutic style intended to help clinicians work with clients to address their ambivalence around

changing. It enables the clinician to minimize resistance to change, thereby becoming a helper in the change process. (Miller and Rollnick)

Motivational Interviewing is supported by the following main ideas:

1. **Ambivalence** about substance use and change **is normal**. Ambivalence constitutes an important motivational obstacle that needs to be addressed early on.
2. **Ambivalence can be resolved** by working with the client=s intrinsic motivations and values. Ambivalence is often the central problem and lack of motivation can be the result of this ambivalence.
3. The alliance between the client and clinician is a **collaborative partnership** to which **each brings expertise**
4. An empathetic, supportive, yet directive counseling style provides conditions within which change can occur. (Direct argument and aggressive confrontation tend to increase client defensiveness, reducing the likelihood of change).

Worker Skills

1. Ability to express empathy through reflective listening
2. Ability to communicate respect for and acceptance of clients and their feelings
3. Able to establish a non-judgmental, collaborative relationship with the client
4. Able to be a knowledgeable support person
5. Be complimentary rather than punitive
6. Listen rather than tell
7. Gently persuade, with the understanding that change is up to the client
8. Develop discrepancy between client=s goals or values and current behavior, helping clients recognize the discrepancies between where they are and where they hope to be.
9. Adjust to, rather than oppose, client resistance
10. Support self-efficacy and optimism: that is, focus on client=s strengths to support the hope and optimism needed to make change

Motivational Interviewing

Motivational Interviewing is a method of counseling that is directive and client-centered, that helps clients to explore and resolve their ambivalence around making changes in their lives. This technique is designed to motivate people to seek help for an addiction problem. It assists the person in discovering his or her own reasons for needing and wanting to change.

Key principles

Ambivalence: AI want to, but I don't want to. This is a normal, acceptable and understandable state of mind. MI centers on the management of Ambivalence. Shift of focus from Abreaking denial= to Aincreasing motivation@.

Self Efficacy + Awareness = Positive Behavior Change

If I believe I can change (Self-efficacy) + I know that I need to change (Awareness) = I can change.

When a person is **not ready** to change, and we **push** them to change, the product will be **Resistance**.

Precontemplation	Contemplation	Preparation	Action
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Resistance: “You can't make me and I'll prove it to you.” Client almost always loses in this scenario. He/she will invest most of his/her energy into resisting “the system” instead of finding reasons for why they might want to or need to change.

Client-centered: Believing in the client's ability to make decisions and changes in their lives. Helping the client to discover their own reasons for why they might want to change.

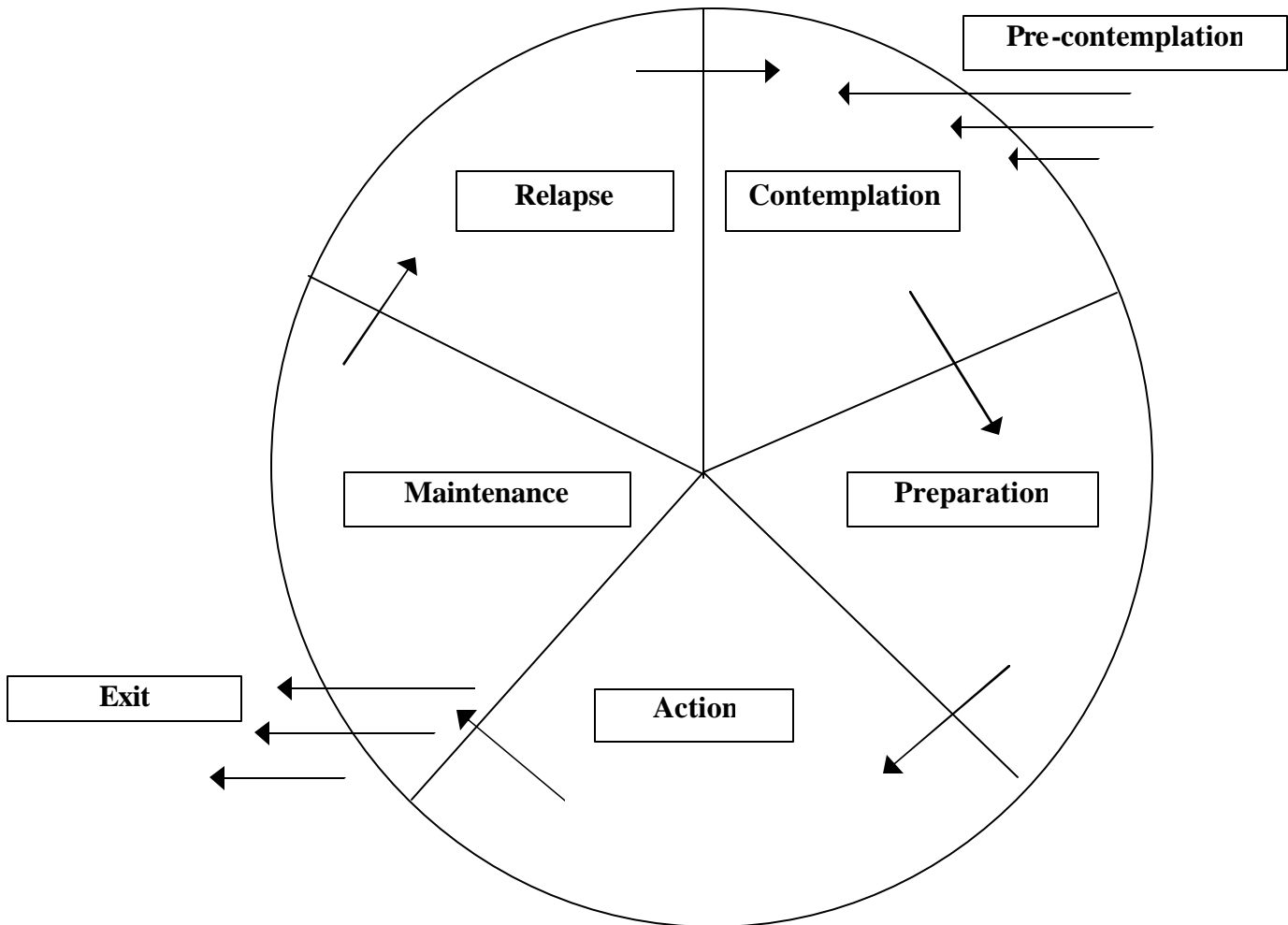
Traditional approaches by staff have centered around the professional's assessment of the problem and their solution for that problem. AI= m the expert - you should heed my advice. MI is a shift in focus to client's perception of problem and solution. “How can I help you?”, “What do you need to know about?”, “What does this choice mean for your future?”

Source: Miller, W.R. and Rollnick,S., Motivational Interviewing: Preparing People to Change Addictive Behavior, The Guilford Press, NY 1991

Wheel of Change

Prochaska and DiClemente

THE SIX STAGES OF CHANGE



1. It's normal for a person to go around the process several times before achieving stable change.
2. Relapse is recognized as a normal occurrence, or stage of change. (Each slip brings you one step closer to recovery.)
3. It implies that a therapist should take different approaches depending on the stage of readiness of the client.

Source: Prochaska, J.O. and C.C. DiClemente "Transtheoretical Therapy: Toward a More Integrative Model of Change." (1982)

