Motivational Interviewing for Inclusa

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Motivational Interviewing: The Basics

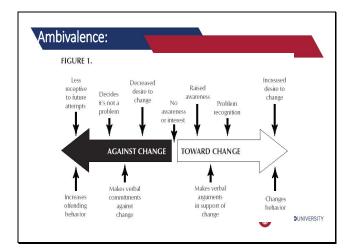
MI is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.



Assumptions of Motivational Interviewing

- Ambivalence is normal and an obstacle.
- · Ambivalence can be resolved.
- Collaborative partnership—each has expertise.
- An empathic, supportive, yet directive, counseling style facilitates change.
- Direct argument/aggressive confrontation may increase defensiveness, reduce likelihood of change.

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Wanting Something AND Not Wanting It.

- Sustain Talk ("Status Quo")
- "Righting Reflex" <u>causes</u> person to take up status quo if the therapist pushes change talk.
- Not "Denial" or "Resistance"
- People learn about who they are by listening to themselves and interacting with others.



MI: Foundations

- Collaboration Partnerships
- Evocation Listening & Eliciting
- Autonomy The ability to chose

It is the counselors responsibility to respect the clients ability to choose.

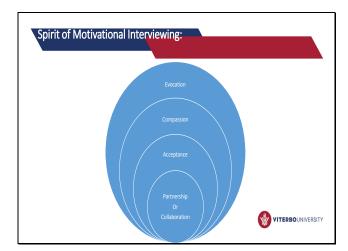
• Natural change and therapeutic change is very similar!

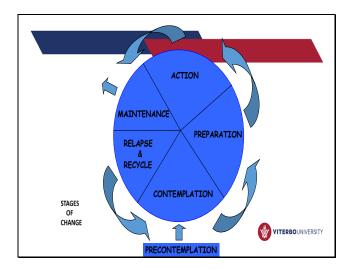


Engagement is Foundational to MI

- Therapy will not progress without engagement.
- Results in Working Alliance
- Trust and mutual respect
- Agreement on goals
- Collaboration
- Common Factors







Stages of Change and Counselor Tasks									
PRECONTEMPLATION	Raise doubt - Increase the client's perception of risks and problems with current behavior								
CONTEMPLATION	Tip the decisional balance - Evoke reasons for change, risks of not changing; Strengthen client's self-efficacy for change of current behavior								
PREPARATION	Help the client to determine the best course of action to take in seeking change; Develop a plan								
ACTION	Help the client implement the plan; Use skills; Problem solve; Support self-efficacy								
MAINTENANCE	Help the client identify and use strategies to prevent relapse; Resolve associated problems								
RELAPSE	Help the client recycle through the stages of contemplation, preparation, and action with https://documerstry becoming stuck or demoralized because of relapse								

The Four MI Processes:

- Engaging: Development of a helpful relationship and a working relationship.
- Focusing: Development and maintenance of a specific direction about change.
- Evoking: Drawing out client's own motivations for
- Planning: Development of a commitment for change and a specific plan based on a menu of options.



Process Questions to Ask:

- Engaging

 How comfortable is the person in talking to me?

 How supportive and helpful am I being?

 Do I understand this person's perspective and concerns?

 How comfortable do I feel in this conversation

 Does this feel like a collaborative partnership?
- 2. Focusing

 What goals for change does this person really have?

 Do I have different aspirations for change for this person?

 Are we working together with a common purpose?

 Does it feel like we are moving together, not in different directions?

 Do I have a clear sense of where we are going?

 Does this feel more like dancing or wrestling?
- 3. Evoking

 What are this person's own reasons for change?

 Is the reluctance more about confidence or importance of change?

 What change talk am I hearing?

 Am I steering too far or too fast in a particular direction?

 Is the righting reflex pulling me to be the one arguing for change?
- 4. Planning

 What would be a reasonable next step toward change?

 What would help this person to move forward?

 Am I remembering to evoke rather than prescribe a plan?

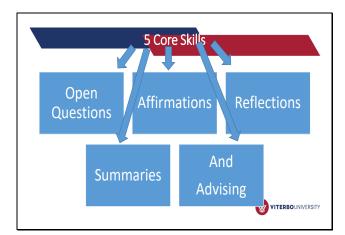
 Am I offering needed information or advice with permission?

 Am I retaining a sense of quiet curiosity?

Four Principles of Motivational Interviewing

- Express empathy
- Roll with resistance
- Promote self-efficacy
- Develop discrepancy





Open-ended Questions

"In what ways has this interfered with your life?"

"Tell me about a typical day when you drink."

"Tell me about your headache."

"How are things going in your family?"

"What are you most worried about?"

"What are the things that you like and don't like about smoking?" $\label{eq:controller}$



Affirmations

Directly affirming and supporting the individual during the change process is another way of building rapport and reinforcing open exploration.

- Compliments
- · Statements of appreciation
- · Statements of understanding
- · Positive characteristics (strengths)



Reflective Listening:

A reflection seeks to summarize what the person means; it makes a guess $% \left\{ \mathbf{n}_{1}^{\mathbf{n}}\right\} =\mathbf{n}_{2}^{\mathbf{n}}$

Simply acknowledge it by reflecting it back
A useful reflection is a statement, not a question

Levels of reflection

Repeat - Direct restatement of what the person said Rephrase - Saying the same thing in slightly different words

Paraphrase - Making a guess about meaning; continuing the paragraph; usually adds something that was not said directly



Types of Empathic Reflections

- Simple/Repeating Reflect what is said Add nothing
- Complex Slightly alter Adds meaning or emphasis
- Amplified Add intensity to idea/values (Overstate)
- Double Sided Reflect ambivalence
- Metaphor Create a picture
- Shifting Focus Change the focus
- Reframing Offer new meaning
- Emphasize personal choice
- Siding with the negative (paradoxical)



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Summarizing:

- · Shows in a powerful way that you have been listening carefully and remembering
- Draws together the pieces of the picture and allows identification of missing pieces
- · HINT: follow a summary by asking "what else?"
- · Allows re-emphasizing important aspects of what the patient has said (change talk)
- Frees you to change direction



Informing and Advising:

- MI is, in part, a directive form of intervention. MI therapist, when they direct, do so in prescribed ways and it really is last resort.
- MI Therapist ask permission.
- Advice is given only after evocation and full understanding of the client.
- Elicit-Provide-Elicit pattern (coming in Ch. 11!)



MICRO-SKILLS(OARS) - always the answer to the question "What Do

- Open Ended Questions
- Affirm The Person
- Reflect What the Person Says
- Summarize Perspectives on Change



Ten Strategies for Evoking Change Talk

I. Evocative Questions

Ask open questions, the answer to which is change talk.

2. Explore Decisional Balance

Ask first for the good things about status quo, then ask for the not-so-good things.

3. Ask for Elaboration

When a change talk theme emerges, ask for more detail. In what ways?

4. Ask for Examples

When a change talk theme emerges, ask for specific examples. When was the last time that happened? Give me an example. What else?



Ten Strategies for Evoking Change Talk

5. Look Back

6. Look Forward

Ask what may happen if things continue as they are (status quo). Try the miracle question: If you were 100% successful in making the changes you want, what would be different? How would you like your life to be five years from now?

7. Query Extremes

What are the worst things that might happen if you don't make this change? What are the best things that might happen if you do make this change?

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Ten Strategies for Evoking Change Talk

9. Explore Goals and Values

Ask what the person's guiding values are. What do they want in life? Using a values card sort can be helpful here. If there is a "problem" behavior, ask how that behavior fits in with the person's goals or values. Does it help realize a goal or value, interfere with it, or is it irrelevant?

10. Come Alongside

Explicitly side with the negative (status quo) side of ambivalence. Perhaps _ is so important to you that you won't give it up, no matter what the cost.



Importance and Confidence Rulers How important is it to you to? 0..1..2..3..4.5..6..7..8..9..10 Not at all Extremely And why are you at ____ and not zero? (The answer is change talk) How confident are you that you could.....? 0..1..2..3..4.5..6..7..8..9..10 Not at all Extremely And why are you at ____ and not zero? (The answer is ability talk)

Recognizing Readiness

- Diminished sustain talk
- Decreased discussion about the problem
- Resolve
- Change talk
- Questions about change
- Envisioning
- Experimenting



Should We Move On? ASK!!

- Recap(itulation)- a form of collecting summary with the change talk evoked so far.
- Key Question after recap:
- "So what's next?
- "Where would you like to go with all of this?"
- NOT asking for commitment this comes later. We're evoking a conclusion.
- "Pregnant Pause" Uses a silence that says "and so?"



When Several Clear Options

- Itemize Options.
- Pros and Cons of each option.
 - USE OARS!!
- Elicit client beliefs about the likelihood of success for each plan option.
- Summarize chosen plan.
- Troubleshoot



Supporting Change:

- Affirmations
- Skill building
- Evoke and teach skills that address deficits.
- What general skills are necessary?
 - Class Discussion.
- Validate Effort and persistence NOT Outcome.
- Cheerlead!!!!
- Continue: Empathy, Unconditional Warmth, Genuineness/
- Avoid switch to being Directive...continue Guiding.



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