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Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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Motivational Interviewing

(Part 1 of 2)

with Scott Caldwell MA, CSAC, MINT member

Wisconsin Public Psychiatry Network Teleconference
January 14, 2016

2

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Presentation outline:

I. Definition
II. Elements of practice (Spirit, Skills)
III. Four processes
IV. Application (see **Handout 2**)

MI Part 2 on January 28

3

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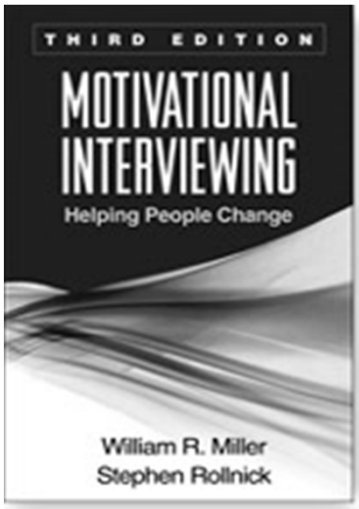
Definition



"Motivational Interviewing is a collaborative, goal-oriented style of communication with particular emphasis to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion."

Miller & Rollnick (2013, p. 29)

4

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Resist the Righting Reflex

- The "righting reflex" is something many helpers have within themselves: the tendency to fix, problem solve, advise, warn, or tell the people what to do.
- When the topic is behavior change, this reflex is not often helpful and may even be counter productive.
- Thus, an important element of MI practice is to resist the righting reflex!

5

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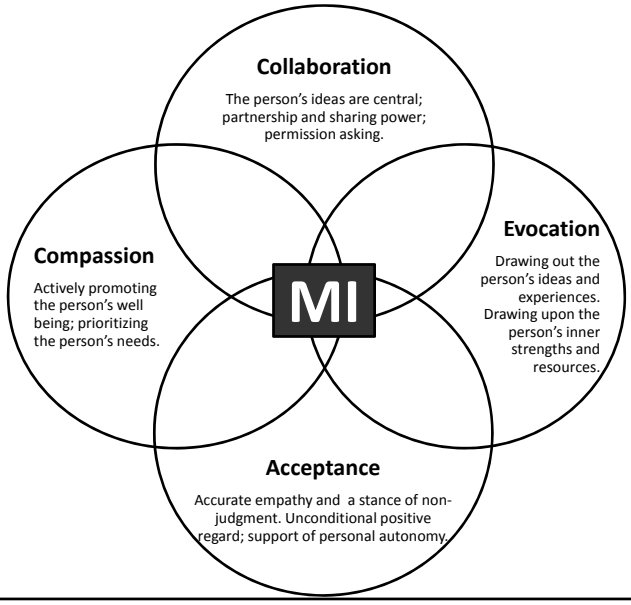
MI Spirit - *a way of being with people*



6

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OARS Skills

Open questions
Affirmations
Reflective listening
Summarize

person-centered, yet directive

7

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Steps for Reflective listening:

1. Careful listening for understanding.
2. Make an *educated guess* about the person's underlying meaning.
3. Choose your direction.
4. Share your guess as a concise statement (not a question).

8

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Types of Reflection

- Simple – restate or rephrase what the person said
- Paraphrase – make an educated guess/inference about underlying meaning
- Amplification – exaggerate or overemphasize no change (without sarcasm)
- Double Sided – both sides of ambivalence (end with the change side)
- Feeling – reflect implied feeling or emotion
- Metaphor – picture language to convey meaning
- Coming Alongside – side with the negative/no change
- Continuing the Paragraph – anticipate the next thing the person may say; make a guess in the direction of change

9

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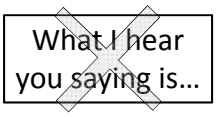
Reflective listening best practice:

- ❑ Make it a statement.
- ❑ Get the "I" out of it.
- ❑ Keep it concise.
- ❑ Reinforce any change talk.



10

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Fundamental processes of MI:

Planning

Evoking

Focusing

Engaging

11

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Engaging

- Task #1 – first 20% of any encounter
- The relational foundation; develop or maintain a productive working relationship
- Mental Shifts:
  - resist the Righting Reflex
  - replace fact gathering questions with Reflections
  - deepen Reflections (more complex than simple)
- Application of OARS:
  - be prepared with 2-3 Open questions
  - look for strengths and Affirm
  - listen carefully and Reflect

12

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Handout 2: MI Application
What are example of Spirit/Skills during Engaging?

13

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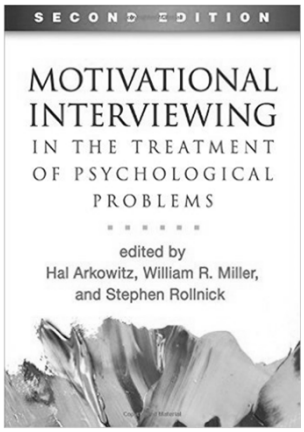
Focusing

In MI, there has to be a specific topic for the change conversation.



- Suicide Risk
- Treatment engagement
- Anxiety
- PTSD
- Medication adherence
- Depression
- Substance use
- Gambling

14

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Focusing

- Come to agreement on the topic; maintain focus from there
- Mental Shifts:
  - balancing client/practitioner expertise
  - negotiating focus, agenda setting
- Application of OARS:
  - seeking collaboration
  - listen carefully and Reflect

15

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Evoking

- The heart of MI: explore the person's motivation for change on the specific behavior/condition
- Proactively draw out and selectively respond to the language of change
- Mental Shifts:
  - let go of assessment/fact gathering questions
  - evoke vs. educate
  - maintain focus (avoid tangents)
  - listen for/respond to Change Talk

16

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Client Language in Change Conversations

Change Talk: the language of change; any client speech that favors movement in the direction of change regarding the target behavior.

Sustain Talk: the language of no change; any client speech that favors no change regarding the target behavior.

17

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Types of Change Talk: DARN CAT

Desire (want, wish, like, hope to change)
Ability (can, could, able to change)
Reason (if… then or any stated reason for change)
Need (have to, got to, need to, it's important to change)

* * *

Commitment (I will change, I'm going to change)
Activation (preparing, willing, ready for change)
Taking steps (I already…)

18

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Evoking

- The heart of MI
- Draw out/respond to Change Talk
- Mental Shifts
- Application of OARS:
  - open questions that explore motivation/draw out Change Talk
  - listen carefully and reflect any Change Talk
  - summarize to highlight Change Talk

19

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Evoking Tools

- Importance/Confidence Ruler
- Decisional Balance
- Values Card Sort
- Questions that evoke Change Talk
- Strategies that evoke Change Talk

20

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Open Questions that proactively evoke Change Talk

Miller & Rollnick (2013, pp. 171-173)

- How would you *like* for things to change?
- How do you *want* your life to be different a year from now?
- If you decided to change, how *could* you do it?
- What do you think you might be *able* to change?
- Why would you want to make this change?
- What are the two best *reasons* to make this change?
- What's the downside to how things are now?
- What *needs* to happen?
- What do you think *has to* change?
- How *important* is it for you to _____?
- What do you think *you'll* do?
- What do you *intend* to do?

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21

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Planning

- Collaboratively develop a change goal and supporting plan; build hope for change
- Mental shifts:
  - don't assume readiness; first test the water
  - use the client's expertise
  - planning is ongoing
- Application of OARS:
  - open questions to create goal/plan
  - listen carefully and Reflect
  - summarize

22

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Planning

Change Plan basics:

1. SMART goal
2. How to achieve?
3. Potential barriers? →Strategies
4. Supports/resources

23

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Handout 2: MI Application
What are examples of Spirit/Skills during Evoking/Planning?

24

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Selected References

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25