

Motivational Interviewing Demonstration - Coded (Part 2)

Background: This session continued from Part 1 to examine the application of MI in crisis services. In this final 15 minute segment, the Interviewer (I) worked with “Melinda” (M) in a role play to explore suicidal and self-harming thoughts. The process of **Planning** was demonstrated in the MI style.

Coding: The audio recording was reviewed and coded using the *Motivational Interviewing Treatment Integrity* instrument’s clinician behavior count system (<http://www.motivationalinterviewing.org/sites/default/files/MITI%203.1.pdf>). Interviewer utterances were categorized based on MI skills, then counted. See results on page 5. Additionally, Melinda’s change talk was identified according to specific DARN CAT categories.

45	I: ...So let me just summarize where it seems like we might be at here, Melinda. You are coming in here and it’s been a real rough patch in terms of just a lot of grief and then that compounded by some pretty strong thoughts about harming yourself and even possibly ending your life. And although, ultimately, you get to decide whether you live or whether you don’t live, you’re really kinda landing on the side of this of, hey, you want to live. You have a history of recovery, of celebrating life, of a lot of meaning in your life. And even though the depression has really kicked up - those intrusive thoughts right along with it – it’s a top priority here to get through this. And you mentioned you have lots of reasons to get through this: you’re a role model; now you’ve got the younger generation whose looking at you but you’ve also got your peers; you’ve got the memory of your parents and honoring that; and also just even though you don’t want to, sometimes you just gotta do what you gotta do in terms of just getting through tough times.	Summary of Evoking . (counted as a Simple Reflection) Emphasis on choice
46	M: Yeah.	
47	I: So given all that and kinda where we are at here, does it make sense to look ahead to the next couple of days or the next couple of weeks – does it make sense to come up with a plan for how to get through this holiday period?	“Testing the water” for Planning. (counted as MI Adherent: Permission Asking)
48	M: Yeah, I think so. I think it would be very helpful to me.	
49	I: Okay, so with regards to those thoughts about harming yourself or even taking your own life; what goal, Melinda, would you have for just like the next couple of days in terms of, I guess really simply said: living or dying. I mean, what’s the goal here for just like the next 48 hours.	Begin Planning . Open Question which invites Melinda’s ideas for a change goal.
50	M: Well definitely living and doing it without doing any self-harm at all, like cutting or doing any of those kinds of things.	
51	I: Ok, so really not only living but living in recovery.	Complex Reflection
52	M: Yeah.	
53	I: And kind of resisting that impulse to cut, to harm. Wonderful. How might you go about reaching this goal? How would you do it?	Open Question which invites Melinda’s ideas about the “how” of change.
54	M: Well, I think <u>I need to</u> do things that get me out of the house and not be alone cause it’s when I’m alone that this happens, that I start to think these things.	Change Talk (Need)
55	I: Okay, so kind of being in the presence of others. And thinking about that, who would be the most supportive, who would be people to spend time with right now, supportive, compassionate?	Simple Reflection Closed Question

56	M: That's the hard part. Cause I know that my sister cares about me but sometimes she's not the most compassionate person in the world. Sometimes, this is one of the reasons why I struggle so much when I am off is that I don't feel like I have a really good network of people that, that I think the problem is everybody's got family and kids and I don't. And, you know, if I'm available most the time to go do movies, or go out to lunch, or go for dinner; they're not because they are feeding their kids and taking care of their families. So it's kind of hard for me to come up with people that aren't doing those kinds of things, and so a lot of times I just go do those things by myself.	Sustain Talk
57	I: It's like with a family, that's a built in network, but for you, you've got to kinda build your own network.	Complex Reflection (Metaphor)
58	M: Absolutely, and I've not been, I have a lot of social anxiety and I think that's been a challenge for me to do is build that network. There are a lot of people who come to me for support, but often times when I feel like I need support, I can't go to them cause they're not – <i>they're</i> not in a place to be able to offer it to me.	Melinda feels understood with the reflection, and responds with more Sustain Talk
59	I: You're a good giver, but as a getter... eehhh?	Affirmation
60	M: [laughter] Yeah, exactly. I'm not so good at gettin.	
61	I: Yeah.	
62	M: Just sometimes just getting out my apartment and like one of the things that I <u>need to do</u> is clean my desk at work. We're closed a lot over the holidays so I was thinking about going in on one of those days when nobody else is there and I can spread out and sort through piles and get rid of stuff and do that kind of thing. And even though I am there alone, I'm doing something that is going to make my job a little bit easier. So that was one of the things I was thinking it might be a good idea cause then when I come back I feel like I'm not digging through piles to try to find stuff and make my job easier.	Change Talk (Need) Melinda has an idea that will work for her.
63	I: So, a lot of that time you spend alone you enjoy actually: you're being productive; you're keeping busy, getting things done. It's just when you're alone and you don't have those activities.	Simple Reflection to validate Melinda yet guiding to have her explore a potential barrier.
64	M: That's when I get in trouble.	
65	I: That's when the trouble happens. Yeah. So with that, you know, some of those barriers that keep you from reaching out, what - just getting through this holiday period - how could you remove that obstacle or, Melinda, kinda bring that obstacle down a little bit to reach out? I mean you reached out here to crisis services. You've been reaching out to your sister. How else could you reach out if you chose to, if that felt right for you.	Simple Reflection Open Question to explore how the barrier could be addressed. Emphasis on choice
66	M: <u>I could see</u> if one of my friends would like to go to the movie. I wanna see... there are a couple of movies out right now that I want to see. <u>I could see</u> if someone wants to go to the movies and maybe go for a quick bite to eat before or after.	Change Talk (Ability)
67	I: Great. So you could go see the movie by yourself easily, but just kinda reaching out, bringing a friend or two along, inviting dinner and a movie.	Simple Reflection of the Change Talk
68	M: Yeah.	
69	I: And that would, that would be a little risky to do.	Complex Reflection (Feeling)

70	M: Yeah. Cause rejection is not always so easy.	Accurate guess.
71	I: Umhmm. So it's taking a risk, but it's a risk that - just because getting through this rough patch is a top priority - it's a risk that you're willing to take.	Complex Reflection in the direction of change
72	M: Ahha.	
73	I: And if this plan gets a little off track – you reach out and there is a friend or two who can't do the movie with you or bite to eat – then what?	Open Question to explore contingency
74	M: I go by myself.	
75	I: OK, you're a strong person. You've got the strength to.	MI Adherent: Affirmation
76	M: Yeah, it's not like it's a thing I've never done before. I go to movies by myself every once in a while, not real frequently. I go to Perkins for lunch every once in a while or dinner.	
77	I: As long as you have the activity, as long as you have the structure, that's the fall back. But, it would be nice if there was someone to do it with.	Complex Reflection (Continuing the Paragraph)
78	M: Yeah. It would be really nice.	
79	I: And your sister: how does she fit in to getting through this?	Open Question
80	M: It waxes and wanes. It depends on where she is at. Sometimes she can be difficult to talk to. Usually when I'm having a hard time, her first question is when did I see my therapist last or am I taking my medications. Those kinds of questions. I don't think she really understands. And I think it is hard for her to really want to talk about hard stuff. So I try to keep things pretty superficial with her. I don't really lean on her for the hard stuff. Usually it's more of the come as you go, you know, superficial conversations. What's the latest movie out? How are the Packers doing? That kind of stuff.	
81	I: So in terms of some social risks, you're kinda willing to take it with a couple people you know: hey, can we see a movie or can we grab a bite to eat. The risk with your sister: you're not so willing to do that right now.	Complex Reflection (Double-Sided)
82	M: Well, she often will say things like "I don't spend time with you because you are depressing everybody" and I don't need to be reminded that I'm struggling and she doesn't want to be around me when I'm struggling because she tells me I'm bringing everybody down. I don't want to do that. I don't want to be the Debby Downer of my family. So, when I'm struggling, I try to stay away, and they get mad at me because I'm staying away.	
83	I: That's a pickle.	Complex Reflection (Metaphor)
84	M: So yeah, I just...I don't know how to deal with her. I'm a real person. Unfortunately, she can't handle when I am having real emotions and I try to hide it as best I can but then I don't feel like I'm being authentic with people and this is who I am. I'm a real person.	
85	I: You would much rather associate and hang out and build that network with positive people, who can relate to you, who have compassion, who you help and who and also people you lend support to you; non-judgmental.	Complex Reflection (Continuing the Paragraph)

86	M: Yeah.	
87	I: Yeah. Neat Melinda. Well, you certainly know yourself incredibly well. We're going to be wrapping up in just a minute here. So to summarize, it's a rough patch and yet you have a powerful goal which is just to get through this without harming yourself and really staying true to yourself and recovery. And you've got some very good ideas about how to do this. Number one is to get out of the apartment and to just engage in activities that you find enjoyable or productive or even keeping kind of busy, like going back into work, for example. And you do have some time scheduled with family and you're looking forward to seeing the younger generation and hanging out with them. The big risk in all this is kind of reaching out to couple friends and seeing if they'd like to join you for a movie or a bite to eat. Now, it's a movie or a bite to eat you might be doing anyway but it would be neat to have a friend or two join you for that; kind of building the network here a little bit. Now if we go back to that ruler thing with confidence [show Confidence Ruler], now Melinda, it is confidence for getting through the next 48 hours - two days - without harming yourself: 0 is you're not at all confident on that goal and 10 is you're very confident. Where would you put your confidence right now?	MI Adherent: Affirmation Summary which selectively highlights Melinda's stated goal and plan for change. (counted as a Simple Reflection) Closed Question to explore confidence for change
88	[pause] M: I'm not sure. Um [another pause] I think I'm probably like an 8.	
89	I: Pretty confident.	Simple Reflection of perceived confidence
90	M: Yeah. I think I'm probably thinking about how stubborn I am and <u>not wanting</u> to relapse is probably most of that confidence. [laughter] <u>Not wanting</u> to give into the negative thoughts that are happening is, I think, far more than anything else. Having a plan is helpful, but I think... I don't want the, I don't know how to put it politely, [laughter] you know a lot of crap has happened in my life and I don't want the and I don't know how to say it without being...[laughter] using profanity. [laughter]	Change Talk (Desire)
91	I: You've made a decision on this and you're going to see it done.	MI Adherent: Emphasis on choice
92	M: Yeah.	
93	I: And yet – and very confident on this – what would it take for your confidence to get to like a 9 on this, getting through this rough patch.	Open Question to explore Melinda's ideas for how to increase confidence
94	M: Um [pause] I think if I knew that I had a friend who would actually say “absolutely, we'll go to the movie or we'll go have dinner” - I think that would make a huge difference because I'd feel like someone else was supportive and there for me.	Change Talk (Reason)
95	I: Yeah, that is going to be a key to all this. And on that note Melinda, I'm wondering if I can follow up with you with you in terms of a phone call in 24 hours or 48 hours, sometime that worked for you, just to check in over the phone about how you're doing, reaching out to a couple of people has been going, and how your plan has been going. Would that be okay?	MI Adherent: Permission Asking
96	M: I think that would be very helpful. I think I would appreciate you doing that.	

Results of Coding

Interviewer MI skills were categorized and counted with the following results. The table below shows how measures of MI were calculated with comparison to established MI fidelity benchmarks.

Open Questions = 6

(e.g., What's the goal here for just like the next 48 hours? How might you go about reaching this goal?)

Closed Questions = 2

(e.g., Who would be the most supportive...? Where [0-10] would you put your confidence right now?)

Total Questions = 8

Simple Reflections = 7

(e.g., That's when the trouble happens; So, a lot of that time you spend alone you enjoy actually)

Complex Reflections = 8

(e.g., that would be a little risky to do; ... it would be nice if there was someone to do it with; That's a pickle.)

Total Reflections = 15

MI Adherent behaviors = 8

Affirmations (3): you're a good giver...; you're a strong person. You've got the strength...; you certainly know yourself incredibly well

Emphasis on Choice (3): ultimately, you get to decide whether you live or whether you don't live; ...if that felt right for you; You've made a decision on this and you're going to see it done.

Permission Asking: (2) Does it make sense to come up with a plan for how to get through this holiday period? I'm wondering if I can follow up with you...?

MI Non-Adherent behaviors = 0

These behaviors include informing/educating without permission; advising, telling what to do; confronting – basically the Righting Reflex

Total Other Behaviors = 8

MI Measure	Calculation	Results of Part 2 practice sample	Fidelity Benchmarks*	
			Basic Competency	Proficiency
% Open Questions	# of Open Questions / total # Questions = 6/8	75%	≥ 50%	≥ 70% ★
% Complex Reflection	# of Complex Reflections / total # Reflections = 8 /15	53%	≥ 40%	≥ 50% ★
Ratio of Reflections to Questions	total # of Reflections / total # Questions = 15/8	1.9	≥ 1.0 ★	≥ 2.0
% MI Adherent	# of MI-Adherent behaviors/ total # other behaviors = 8/8	100%	≥ 90%	≥ 98% ★
% MI Non-Adherent	100% - %MI-Adherent = 100-100	0%	≤ 10%	≤ 2% ★

*Fidelity benchmarks taken from Miller & Rollnick (2013, p. 400) *Motivational Interviewing: Helping People Change* (3rd ed.).