



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 16, 2014*

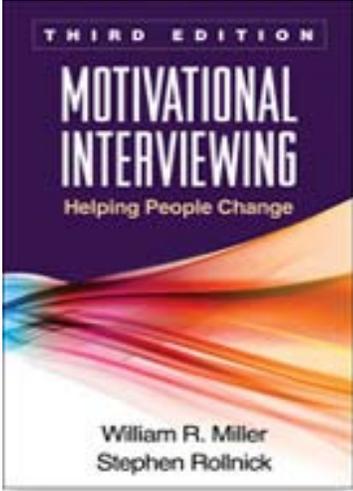
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Goals of this presentation:

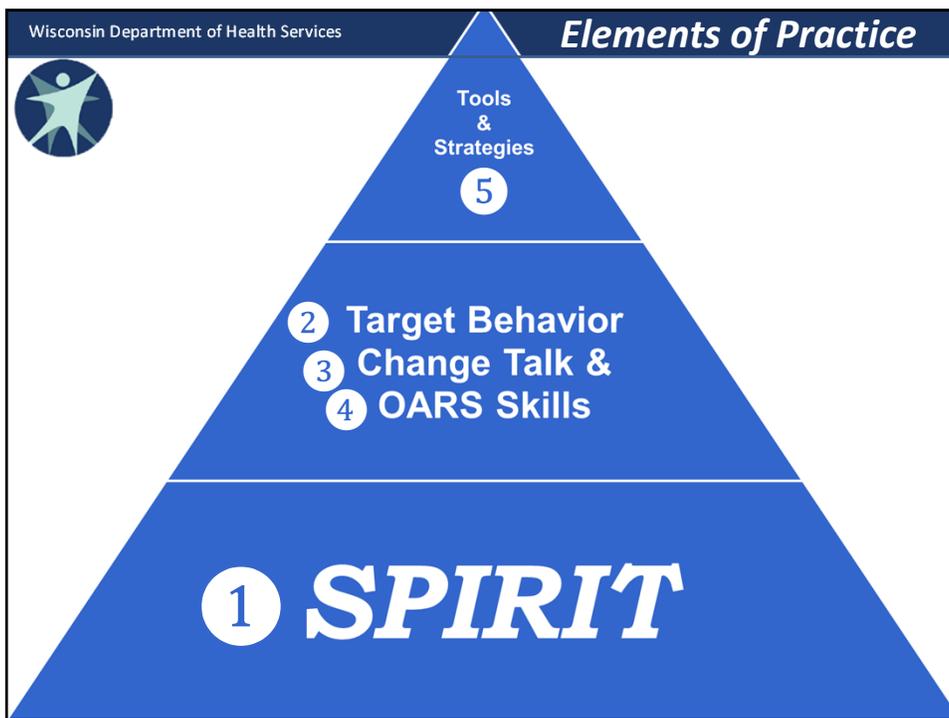
Provide a brief review of MI practice elements (spirit, skills, change talk, strategies) with emphasis on how MI works in promoting behavior change. Participants will track and discuss an audio-recorded sample of MI practice.

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“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)

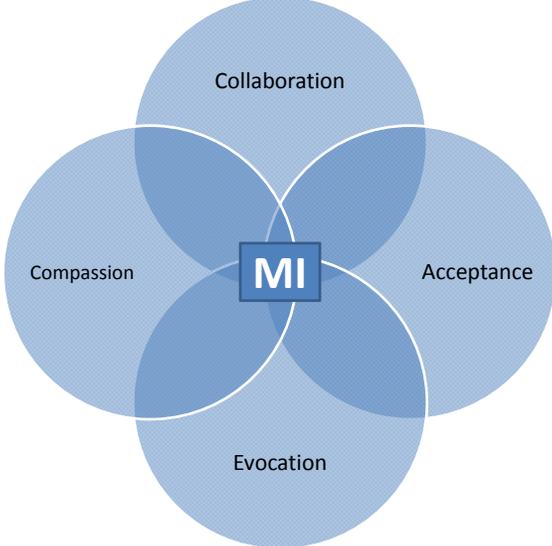
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1. MI Spirit



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- **Collaboration** – partnership with the client; client is the expert.
- **Evocation** – drawing out the client’s experiences, ideas, motivations, and goals related to a specific change.
- **Acceptance** – accurate empathy, absolute worth, affirmation, autonomy support.
- **Compassion** – deliberate commitment to pursue the welfare and best interests of the other.

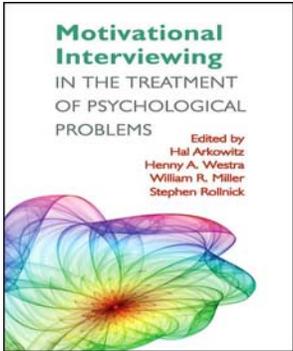
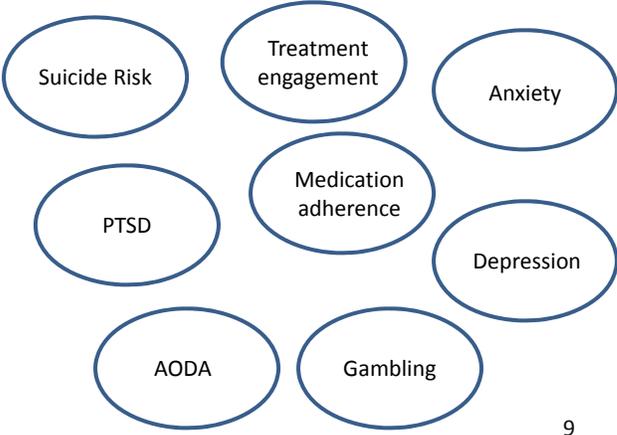
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2. Target Behavior

In MI, there has to be a focus of the session, that is, a specific target behavior or condition.

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3. Client Language Cues

Change Talk: Any client speech which favors movement in the direction of change on a particular behavior (**DARN CAT**)

- Desire to change (want, wish, like, hope)
- Ability to change (can, could, able to)
- Reason to change (if... then or any stated reason)
- Need to change (have to, got to, need to, it's important to)
- ***
- Commitment to change (I will, I'm going to)
- Activation (preparing, willing, ready)
- Taking steps (I already...)

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3. Client Language Cues (cont.)

Change Talk: Any client speech which favors movement in the direction of change on a particular behavior

Sustain Talk: Any client speech about the target behavior which favors no change (status quo)

Discord: signals dissonance in the relationship

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Exercise: Name the Language Cue (Change Talk, Sustain Talk, or Discord)

Target behavior = depression (including medication adherence, support engagement)

1. I can't get out of bed in the morning.
2. I don't like the side effects of this anti-depressant.
3. I want to feel better.
4. I could take my meds everyday, it's just that I forget.
5. I have to deal with this if I'm going to be there for my kids.
6. You don't understand what I'm going through.
7. I'm willing to attend group but I don't really want to.
8. When I feel less depressed, I have more energy for my life.
9. I need to get my life back on track.
10. I'm going to get out of bed everyday this week.

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Sustain Talk + Discord = Resistance

So what? Why are these language cues important? These cues predict outcomes of your work!

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MI works by enhancing client Change Talk while minimizing the occurrence of Sustain Talk/Discord.

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In MI, the practitioner recognizes Change Talk, proactively works to draw it out, and strategically responds to it. How?

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4. OARS Skills

Open question
Affirmation
Reflection
Summary

*Person-centered,
yet directive. Used
to draw out and
respond to client
Change Talk*

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In MI, the best Open Questions are the ones 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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Steps to forming a Reflection

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

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Skill building in Reflection

<p><u>Step 3: Choose your direction</u></p> <ul style="list-style-type: none"> • It's hard to tolerate the side effects, but I know the meds keep me stable. • I'm willing to attend group, but I don't really want to. • It's so hard to get out of bed in the morning, but I need to be there for my kids. 	<p><u>Step 4: Statement (not question)</u></p> <ul style="list-style-type: none"> • You stopped drinking last week? • You stopped drinking last week. • You achieved your goal? • You achieved your goal. • You had some difficulties this week? • You had some difficulties.
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Types of Complex Reflection

- **Amplification** – exaggerate, overemphasize Sustain Talk
- **Double sided** – both sides of ambivalence
- **Affective** – reflect implied emotion
- **Metaphor** – picture language
- **Coming alongside** – side with the negative/Discord
- **Continuing the paragraph** – anticipate the next thing the person may say, forward moving

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Type of Reflection?

1. I can't get out of bed in the morning. **It's just about impossible.**
2. I don't like the side effects of this anti-depressant. **It's been hard to tolerate.**
3. I want to feel better. **And you have some ideas about how.**
4. I could take my meds everyday, it's just that I forget. **Taking your meds is doable.**
5. I have to deal with this if I'm going to be there for my kids. **Dealing with the depression has become a priority for you.**
6. You don't understand what I'm going through. **People - including me - need to listen better and hear what you're saying.**
7. I'm willing to attend group but I don't really want to. **You're willing to go.**
8. When I feel less depressed, I have more energy for my life. **On one hand, the depression saps your energy, but on the other hand, taking steps to deal with it actually increases your energy.**
9. I need to get my life back on track. ... **And you're ready to take the next step.**
10. I'm going to get out of bed everyday this week. **You're going to hit the ground running.**

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Reflection best practice:

- Reflection is a statement.
- Get the "I" out of it.
- Keep it concise.
- Always reinforce any Change Talk.

~~What I hear you saying is...~~

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Strategies that evoke Change Talk

Miller & Rollnick (2013, pp. 174-177)

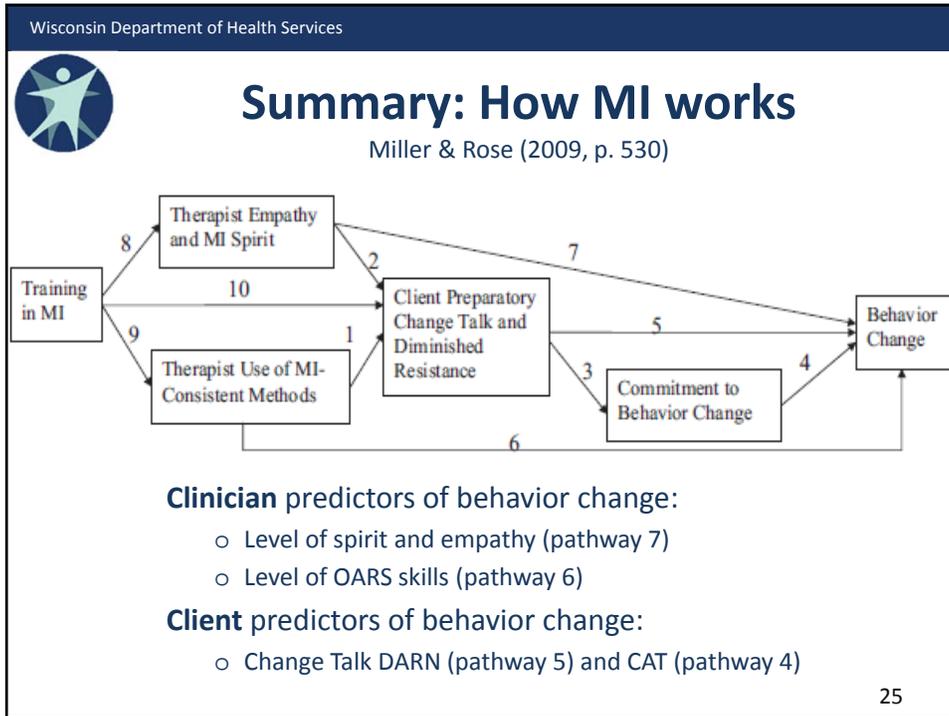
- Ask evocative questions
- Rulers: Importance, Readiness, Confidence
- Pros/Cons
- Querying extremes
- Looking back, Looking forward
- Explore goals and values

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Demonstration with observer tracking.
See Handout 2.

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References

- Arkowitz, H., Westra, H. A., Miller, W. R., & Rollnick, S. (Eds.) (2008). *Motivational interviewing in the treatment of psychological problems*. New York: The Guilford Press.
- Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change (3rd edition)*. New York: Gilford Press.
- Miller, W. R., & Rose, G. S. (2009). Toward a theory of motivational interviewing. *American Psychologist*, 64(6), 527-537.

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Stay tuned... part 2 of 2:

**Four processes of MI.
Learning MI to proficiency.**

MH Teleconference on January 30

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