

Black Hills Special Services Cooperative - May 21, 2015 – Part 2

Eight Stages in Learning MI

1. Getting the spirit of MI
2. Using client-centered skills (OARS)
3. Recognizing change talk
4. Eliciting and reinforcing change talk
5. Rolling with resistance
6. Developing a change plan
7. Consolidating client commitment
8. Integrating MI with other intervention methods

Miller, W. R., & Moyers, T. B. (2006). Eight stages in learning motivational interviewing. *Journal of Teaching in the Addictions*

Definitions of MI

Three *levels* of definition (of increasing specificity)

1. A layperson's definition (What's it for?)

Motivational interviewing is a collaborative conversation to strengthen a person's own motivation for and commitment to change.

2. A pragmatic practitioner's definition (Why would I use it?)

Motivational interviewing is a person-centered counseling method for addressing the common problem of ambivalence about change.

3. A technical therapeutic definition (How does it work?)

- Motivational Interviewing is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own arguments for change.

Traps

- Question & Answer Trap

- Expert Trap

- Labeling Trap

- Premature Focus Trap

- Blaming Trap

Motivational Interviewing- Reflections

Simple reflection

The simplest approach to responding to resistance is with nonresistance, by repeating the client's statement in a neutral form. This acknowledges and validates what the client has said and can elicit an opposite response.

Client: I don't plan to start that diet anytime soon.

Professional: You don't think that eating like this will work for you right now.

Amplified reflection

Another strategy is to reflect the client's statement in an exaggerated form--to state it in a more extreme way but without sarcasm. This can move the client toward positive change rather than resistance.

Client: I don't know why my wife is worried about this. I don't drink any more than any of my friends.

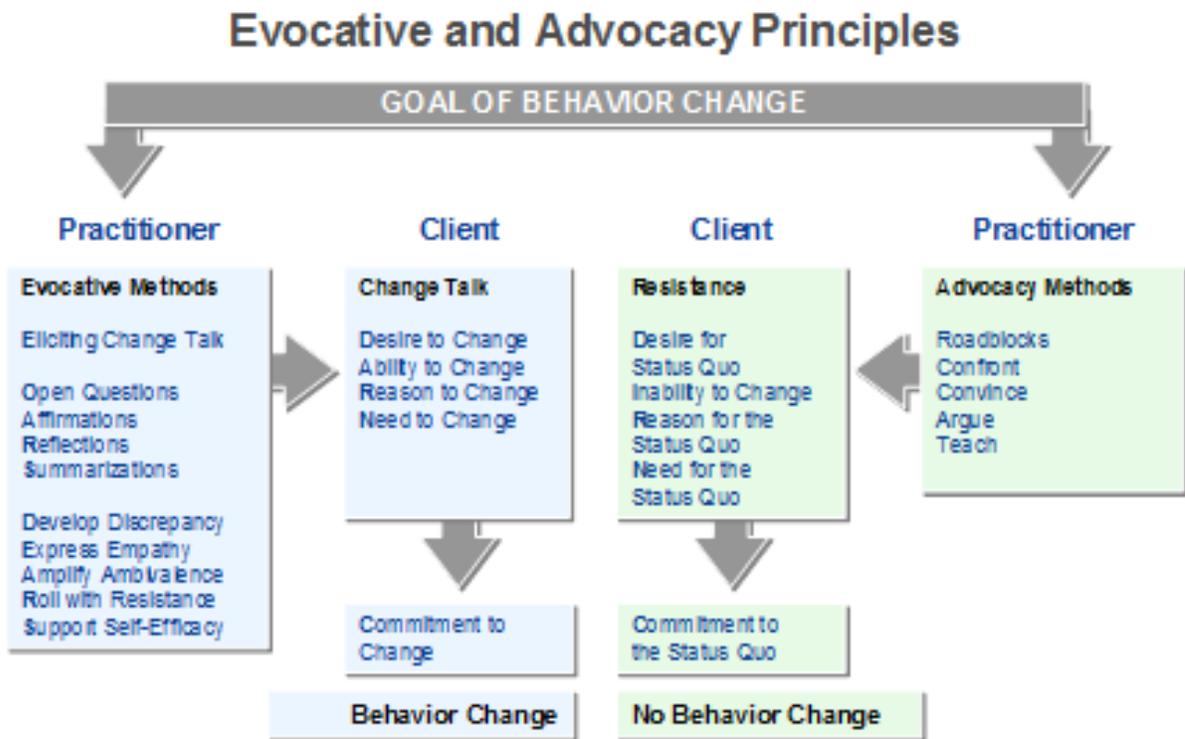
Professional: So your wife is worrying needlessly.

Double-sided reflection

A third strategy entails acknowledging what the client has said but then also stating contrary things she has said in the past. This requires the use of information that the client has offered previously, although perhaps not in the same session.

Client: I know you want me to give up eating sugar, and I want to, but I'm not sure how I am going to do that!

Professional: You can see that there are some real problems here, yet it seems you are not ready to make a decision on this at this time you're not willing to think about quitting altogether.



EXPLORING CONCERNS & OPTIONS FOR CHANGE

1. Ask about the problem in detail.
2. Ask about a typical day.
3. Ask about lifestyle and stresses.
4. Ask about health, then other problem behaviors.
5. Ask about the good things, then the less good things.
6. Ask about the problem in the past and now.
7. Provide information and ask “What do you think?”
8. Ask about concerns directly.
9. Ask about the next step.

Wind things up by summarizing the conversation in “you” language. Emphasize freedom of choice and your willingness to provide further support.

Where We Can Get Stuck in Learning Motivational Interviewing

1. Letting go of the expert role
2. Using complex reflections
3. Missing opportunities for MI
4. Giving insufficient direction
5. Opposing resistance
6. Not moving on to Planning
7. Not attending to commitment language

Stuck Points In Learning Motivational Interviewing

Openness to change behavior and **maintaining old behaviors such as:**

1. **Confronting**
2. **Roadblocks**
3. **Unsolicited advice giving**

Proficiency in reflective listening

Evoking and recognizing change talk

Summarizing

Transitioning to other methods