



Motivational Interviewing in Addiction Treatment

Introduction



Technical Definition

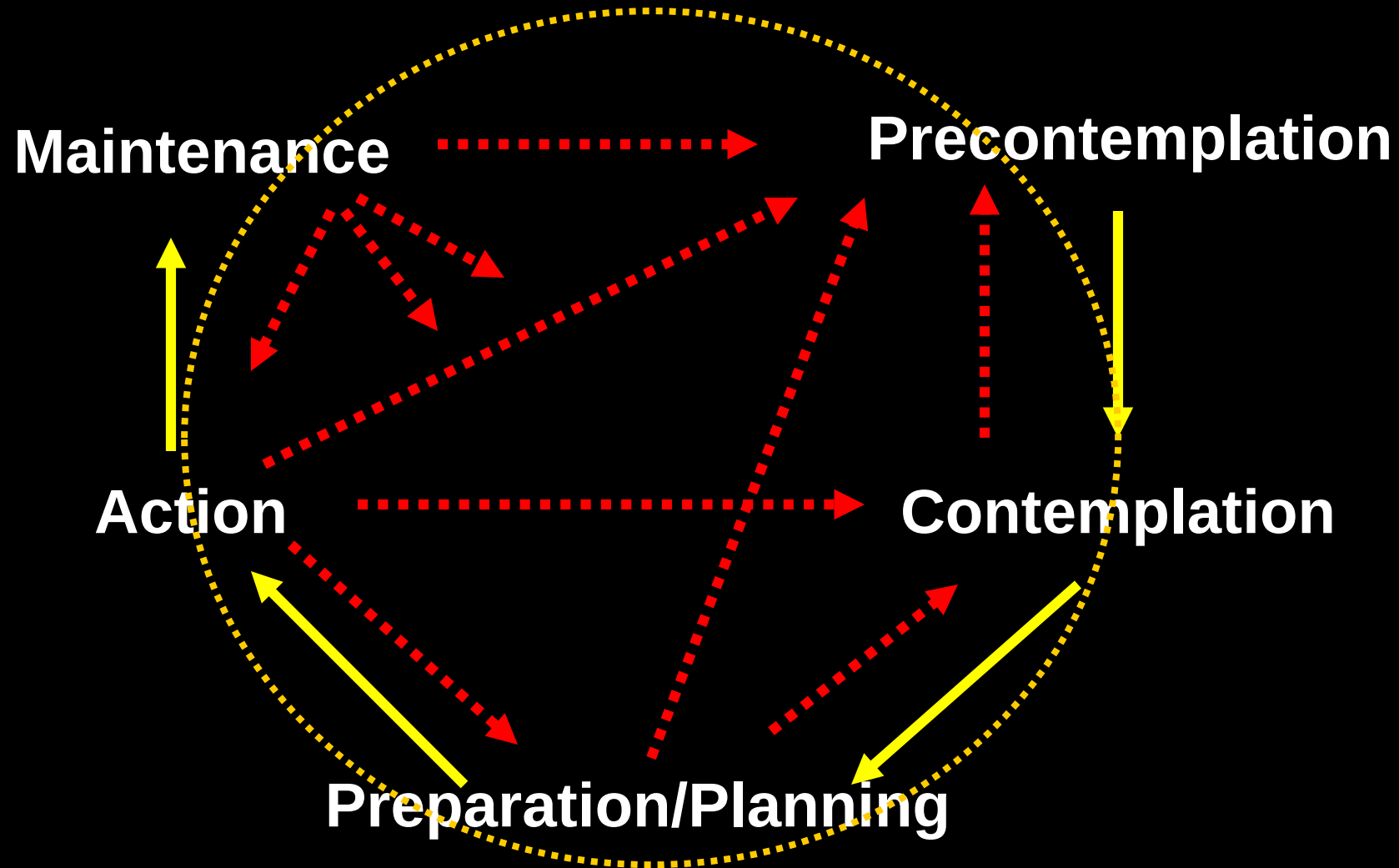
“Motivational interviewing (MI) is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.” (Miller & Rollnick, 2013, p. 15).

Practitioner Definition

“MI is a person-centred counselling style for addressing the common problem of ambivalence about change.” (Miller & Rollnick, 2013, p. 17).

Transtheoretical Change Process

HOW PEOPLE CHANGE



Matching Stage of Change, SATS & Types of Interventions

Stage of Change	SATS	Interventions	IDDT methods
Pre-contemplation	Engagement	Outreach, practical health, crisis intervention, relationship building, assessment	CRS; SATS, Longitudinal Assessment; Contextual Assessment; Payoff Matrix/Functional Analysis; Motivational Interviewing
Contemplation & preparation	Persuasion	Education, goal setting, increase awareness of problems practical skills training, family support, peer support	Motivational interviewing (expressing empathy, developing discrepancy, eliciting change talk, rolling with resistance, supporting self-efficacy)
Action	Active	Substance abuse counseling, medications treatment, skills training, self-help, groups, family therapy	Functional analysis, skills training
Maintenance	Relapse prevention	Relapse prevention plan, continuing skill training, expanding recovery to other areas	Continuation of functional analysis, skills training, specific relapse prevention plans

The Spirit of MI

Compassion – commitment to pursue the client's best interest.

Acceptance – Affirm the client's right and capacity for self-direction and informed choice. Emphasize personal autonomy.

Partnership - Respects the client's expertise and perspective

Evocation - Presumed resources and motivation for change are within client. Enhance motivation for change by drawing on client's perceptions, goals and values.

Style of Communication that is:

- Non-confrontational
- Non-judgemental
- Collaborative
- Practitioner is the inquisitive learner/curious listener
- Client/service user is the expert
- Spirit of MI – a way of being with a client.

MI – BE

- https://www.youtube.com/watch?v=_VlvanBFkvl

MI – GE

- <https://www.youtube.com/watch?v=67l6g1l7Zao>

Empathic Listening



<https://www.youtube.com/watch?v=iMi7uY83z-U>



MI Four Processes

Engaging

Focusing

Evoking

Planning

MI Skills- OARS

*O*pen ended questions

*A*ffirmations

*R*eflecting

*S*ummarizing

O – Open questions – can't be answered with yes or no/short answer

A – encourage, support, reinforce

R – Reflective listening – repeat what client says or guess at meaning to deepen understanding of client's perspective

S – Summarising – intermittently sum up what you believe has been said/make links with previous information

Observation Exercise

- <https://www.youtube.com/watch?v=EvLquWI8aqc>

Converting Closed Questions

Do you get on well with your family?

How much do you drink?

Did you have a good day in school?

Have you been out with the children this week?

Have you been using drugs this week?

Why reflective listening?

Demonstrates you are listening

Conversation not an interrogation

Encourages rather than demands a response

Promotes less defensiveness

Core Reflective Listening

- Repeat – direct re-statement of what the person said (statement not a question)
- Rephrase – saying the same thing in slightly different words (statement not a question)
- Paraphrase – making a guess about meaning or feeling; might add something that was not said directly (not a question)
- Double-sided reflection – reflect both sides of ambivalence
- Amplified reflection – over statement

Example of Reflective Listening

“I’ve been trying hard to cut down on my alcohol use. I can’t carry on like this! But I don’t know how I’m going to cope without it...”

Repeat: “You’ve been trying hard to cut down”

Rephrase: “You’re trying to reduce how much you drink”

Paraphrase: “It’s really important to you that you do something about your drinking”

Double-sided reflection: “On the one hand you know this is going to be difficult for you and on the other hand you recognize that you don’t want to carry on drinking in this way”

Practice forming 'simple' reflections

"I've been thinking about going back to college for a while now"

"I'm not sure what to do"

"If I carry on drinking like this I'm worried I could lose everything"