Treatment-MOTIVATIONAL INTERVIEWING

What is MI?

- Psychotherapy evolved in 1983 from AOD treatment experience

- -detailed description of clinincal concepts/approaches by * Miller & Rollnick* in 1991

- -has an "essential client-centered approach and spirit"

MI CONTINUED

- Definition of MI: " A directive client centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence"

- -more focused and goal directed compared with non-directive counseling

- -examination and resolution of ambivalence is counselor's central purpose

MI CONT-KEY POINTS

- Motivation to change elicited from client, not imposed from without
- Client's task not counselor's to articulate/resolve his/her ambivalence

MI CONT-KEY POINTS

- Ambivalence defined as conflict between two courses of action (e.g. indulgence vs. restraint)

- Direct persuasion aggressive, confrontation, arguments, opposite concept

MI CONTINUED

- Counseling style is quiet
- Counselor is directive in examining and resolving ambivalence
- Readiness to change is not "client trait" rather product of client/counselor interaction
- The therapeutic relationship is partnership rather than expert/client.

What is Motivational Interviewing?

- MI is a client-centered directive method for enhancing intrinsic motivation to change by exploring and helping the client resolve his/her ambivalence

What is Motivational Interviewing?

- The first step in the long and complex work of changing starts with ambivalence
- Our job is to help the clients express her/his various arguments for and against change

What is Motivational Interviewing?

- Supporting the client's exploration of discrepancies between his/her present situation and her/his desired goal (s)

- -Exploring the meaning of the client's behavior as he/she perceives it and

- -The conflict the behavior causes with his/her values and what he wants for himself are key

- first steps in the change process

What is Motivational Interviewing?

- Simply put, MI is a model for helping find out what one wants and how change can result in a desired outcome

Why Use the MI Model?

- MI is an evidence-based practice that has been shown to improve outcomes when used in addition to other available services

- MI is designed to be a collaborative approach to facilitate the removal of barriers to readjustment and the achievement of self-sufficiency

How it Works

- MI is based on the asking of client-centered open-ended questions followed by listening reflectively

- MI incorporated the stages-of-change model

How it Works

- MI techniques are designed to explore with the client motivational conflict (ambivalence)

- The client identifies disparities between current behavior and their hopes for the future

How it Works

- Counselors using the MI model offer unconditional acceptance of the client as a person while offering empathy with the client's situation and emotions

- Resistance to change is not interpreted or challenged

- The counselor rolls with resistance by shifting the perspectives and reframing statements

The First Session

- Provide clear structure and share the agenda for the session
- -Explain confidentiality
- -Available time
- -Explain your goal for the session
- -What you expect of the client
- -Start with an open-ended question

The "OARS" Methods

- **O**pen questions: Ask questions that invite full answers such as:

- " I understand that you have some concerns about (finding employment, obtaining housing, drug use, etc.) Tell me about your concerns."

The "OARS" Methods

- **A**ffirming: Notice and appropriately affirm the client's strengths and efforts:

- " I have enjoyed talking with you today, and getting to know you better, thanks for making the effort to get here."

The "OARS" Methods

- **R**eflecting: Listening very closely then guessing as to the most likely meaning; then make a statement designed to allow the client to clarify his meaning:

- **-**Client, " I worry sometimes that I may be hanging out too much with my old friends"

- **-**Counselor, " You've been hanging out quite a bit."

The "OARS" Methods

- **S**ummarizing: There are three kinds:
- **1.** Collecting: Pulling together a series of statements just made, giving the client a third chance to hear what he/she is saying (her/his statement, your reflective statement and this summary)

Summarizing continued

- 2. Linking: Restating from the most recent statement and a past set of statements that pull them together

- 3.Transitional: announcing a shift from one focus to another, a wrap up of what has been covered and suggesting where things might start next time.

"Change Talk"

- Not "problem talk" but facilitating the client's expression of "change talk", that fall into 4 general categories:
- 1. Recognizing disadvantages of the status quo
- 2. Recognizing advantages of change
- 3. Expressing optimism about change and
- 4. Expressing intention to change