

An Introduction to Motivational Interviewing

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Blending Clinical Research and Practice

NIDA Clinical Trials Network

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NIDA CTN MI Protocols

- **0004:** Motivational Enhancement Treatment to Improve Treatment Engagement and Outcome in Individuals Seeking Treatment for Substance Abuse
- **0005:** Motivational Interviewing to Improve Treatment Engagement and Outcome in Individuals Seeking Treatment for Substance Abuse
- **0013:** Motivational Enhancement Therapy to Improve Treatment Utilization and Outcome in Pregnant Substance Users
- **0021:** Motivational Enhancement Treatment to Improve Treatment Engagement and Outcome for Spanish-Speaking Individual Seeking Treatment for Substance Abuse

Community Treatment Programs Participating in MET/MI Protocols

NEW ENGLAND

- CT Renaissance
- Liberation Meridian
Guenster

PACIFIC REGION

- Haight Ashbury Free
Clinics
- Tarzana Treatment
Centers

NEW YORK

- Lower East Side Service
Center

OREGON NODE

- ChangePoint
- Willamette Family Treatment
Services
- ADAPT

DELAWARE VALLEY

- Northeast Treatment Center
- Rehab After Work

MID-ATLANTIC NODE

- Chesterfield County CSB

Why so much MI?



Martino and Tomlin's Top 6 Picks:

1. MI is one of the most carefully defined and rigorously studied psychosocial substance abuse treatments.
2. MI is a relatively brief intervention.
3. MI positively impacts treatment engagement and retention.
4. MI has wide application to a variety of behavioral domains and client populations.
5. MI is compatible with many different treatment approaches.
6. Clinicians find MI intuitively appealing and consistent with how they work.

Motivational Interviewing

- Developed by William Miller (University of New Mexico), Stephen Rollnick (University of Wales College of Medicine), and their colleagues over the past two decades.
- Motivational Interviewing (MI) and Motivational Enhancement Therapy (MET)

Useful References and Resources

Miller, W.R., & Rollnick, S. (1991, 2002). *Motivational Interviewing: preparing people for change* (New York, Guilford Press).

Miller, W.R., Zweben, A., DiClemente, & Rychtarick, R.G. (1992). *Motivational Enhancement Therapy Manual: a clinical research guide for therapists treating individuals with alcohol abuse and dependence*. Rockville, MD: DHHS Publication No. (ADM) 92-1894.

Miller, W. R. (1999). *Enhancing Motivation for Change in Substance Abuse Treatment TIP Series 35*. Rockville, MD: U.S. DHHS Publication No. (SMA) 02-3693.

www.motivationalinterviewing.org and www.casaa.unm.edu

Webster's Dictionary

training *n* **1** : the act, process, or method of one who trains **2** : the state of being trained

train *vb* **1** : TRAIL, DRAG **2** : to direct the growth of (a plant) usu. by bending, pruning, and tying **3 a** : to form by instruction, discipline, or drill **b** : to teach so as to make fit, qualified, or proficient **4** : to make prepared (as by exercise) for a test of skill

What is MI?

- Brief intervention for helping people change addictive behavior.
- Aims to enhance a person's intrinsic motivation to change addictive behavior in a highly empathetically supportive, collaborative manner with strategies for directly evoking change talk and for handling resistance skillfully.
- These techniques include microskills (e.g., Open-ended questioning, Affirmations, Reflections, and Summary or OARS) and strategies (e.g., creating discrepancies between a person's current behavior and his or her goals, values, or self-perceptions).
- Meets the client at his/her level of motivation and carefully follows the client's lead during the interview.

What is Motivation?

- The probability that a person will be ready to change, namely, enter into, continue, and adhere to a specific change strategy
- A state, not a trait
- An interpersonal phenomenon.
- The only unmotivated person is a dead one.

The issue is not ...

to confront or not confront

The issue is...

how to confront effectively

Psychological Reactance is a predictable pattern of emotion and behavior that occurs when an individual perceives that his or her personal freedom is being threatened and, consequently, seeks to assert his or her personal autonomy and control.

Change is hard.

Ambivalence is a normal part of the process of change.

Successfully addressing ambivalence is a crucial MI skill.



Clinicians share the responsibility for enhancing their clients' motivation for change.

Clients are not responsible for coming to their clinicians motivated for change.

Four Key Principles of MI:

- **EE:** Express Empathy
- **DD:** Develop Discrepancy
- **RR:** Roll with Resistance (Avoid Argumentation)
- **SS:** Support Self-Efficacy

Across two phases:

- Building Motivation for Change
- Strengthening Commitment to Change



Change Talk and Resistance

Change Talk Statements:

- Desire for Change
- Ability to Change
- Reasons for Change
- Need for Change
- Commitment to Change

Resistant Statements:

- Opposite of Change Talk statements
- Communication style may involve arguing, interrupting, negating, or ignoring the clinician

What the Client Says and Level of Motivation



Change Talk < Resistance = low

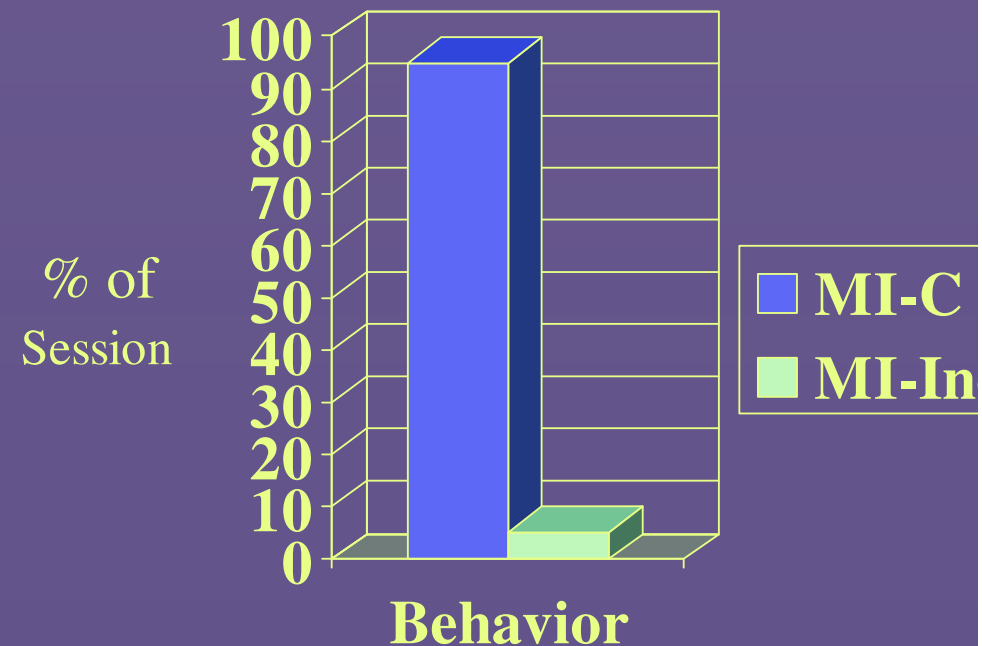
Change Talk = Resistance = stuck

Change Talk > Resistance = high

One more global training point...

- Increase MI consistent counseling behaviors
- Decrease and eliminate MI inconsistent counseling behaviors (e.g., unsolicited advise and direction giving, asserting authority and expertise, directly confronting)

The Goal:



Basic (*and deceptively simple*) Skills: the OARS

- **O** pen-Ended Questions
- **A** ffirmations
- **R** eflective Listening
- **S** ummarizing

Open-Ended Questions

- Are difficult to answer with brief replies or simple “yes” or “no” answers.
- Contain an element of surprise; you don’t really know what the client will say.
- Are conversational door-openers that encourage the client to talk.
- *Is this an open-ended or closed-ended question?*

What does the client mean?

I should stop using it.

Tell me about your marijuana use.



Reflective Listening

- A process in which a listener checks out his or her perception of the speaker's intended meaning so that the listener accurately understands the speaker's point of view.
- Reflections often begin with stems: *It sounds like you...; You're feeling...; It seems to you that...*
- Reflections can occur at different levels: *repeating, rephrasing, and paraphrasing*

Affirmations

- Recognition of Effort
- Appreciation of Strengths
- Use of Positive Reframes

Summary Statements

- Collection
- Linkage
- Transition

Direct Methods for Evoking Change Talk:

- Evocative Questions
- Use of Importance and Confidence Rulers
- Exploring the Decisional Balance
- Exploring Goals and Values
- Looking Forward, Back, or at Extremes

An Example

How Important Ruler



How Confident Ruler



Adapted from Miller & Rollnick (2002) MI textbook, p. 53.

A Footnote...

Presenting Personal Feedback

- Give people feedback about the severity of their problems.
- Help people examine the ways in which their problems have affected many different areas of their lives.
- Review risk factors and objective findings.

Handling Resistance Skillfully

- Simple Reflection
- Amplified Reflection
- Double-sided Reflection
- Shifting Focus
- Reframing
- Agreement with a Twist
- Emphasizing Personal Choice

Examples

Amplified Reflection

Client: I don't know what the big deal is. She is way too worried about my drinking.

Clinician: So from your point of view, your wife has no reason to worry about your drinking.

Client: Well, she has some reason to be worried. It's true my drinking has caused her some stress.

Agreement with a Twist

Client: I'm under constant pressure at work. You'd have an extra drink or two if you had to deal with the stress I am always under.

Clinician: That makes a lot of sense. Your job situation is tough and really needs to be considered carefully if you are going to do something about your drinking.

Strengthening Commitment to Change

- Recognizing Change Readiness
- Discussing a Plan
- Communicating Free Choice
- Reviewing Consequences of Action and Inaction
- The role of advice and suggestions
- Repetition of Reasons for Change
- Asking for a Commitment
- Involving Significant Others

A photograph of a dirt road winding through a dark, plowed field. The sky is filled with large, white, fluffy clouds against a deep blue background. In the distance, there are some utility poles and a horizon line. A white rectangular box with a yellow border is centered in the middle of the image, containing red text. Two thin yellow lines extend from the bottom corners of the box down to the road.

MI Training and
Supervision just
ahead