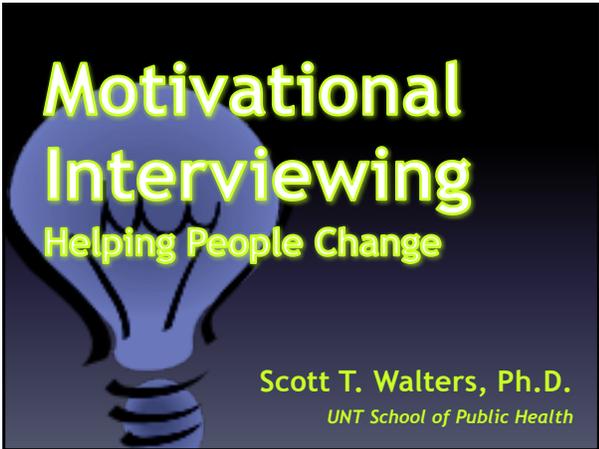
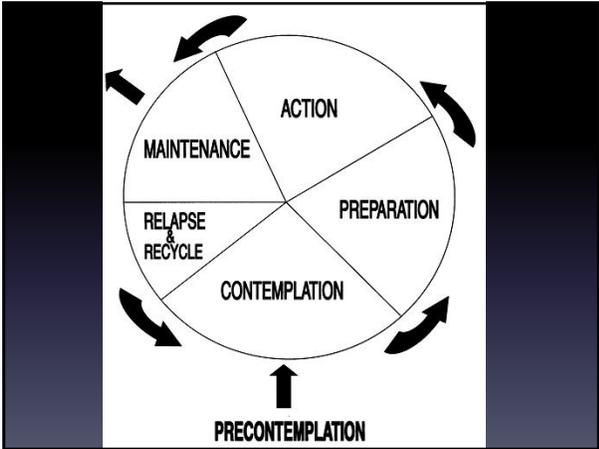


Motivational Interviewing

Helping People Change

Scott T. Walters, Ph.D.
UNT School of Public Health





Change is more likely to stick if people believe that:

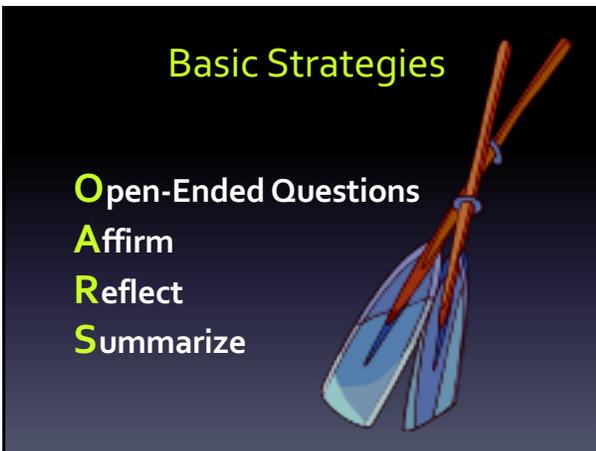
- It was their choice (Autonomy)
- They have the skills (Competence)
- Other people will support the change (Relatedness)

So...*delivery style* is extremely important.
How you say it makes a difference.

What Does MI Look Like?

Relational	<ul style="list-style-type: none">• Empathic, engaging conversational quality.• Respect for client choice, personal responsibility.• MI "Spirit": Autonomy, Collaboration, Evocation.
Technical	<ul style="list-style-type: none">• Identification of a target behavior.• Selective use of questions, reflections, and other techniques to increase change talk and decrease sustain talk around target behavior.





What else?

What's your main motivation?

Open-Ended Questions
More than one possible answer; gets people talking.

Who can help you with this?

Where would you start?

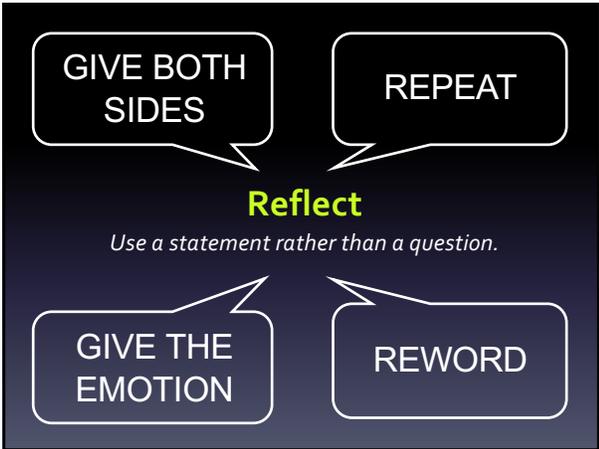
What questions do you ask?

Questions to gather information—
Can be open or closed

Questions to encourage thinking and to raise motivation—
Mainly open questions

Very Useful Questions

- *What are some good things about...? What are some not-so-good things about...?*
- *What concerns you most about ...?*
- *How has that caused trouble for you?*
- *If you wanted to ... how would you go about it?*
- *What do you want to do about that?*
- *What can I do to help you succeed at...?*
- *What else?*





- Very Useful Statements**
- *It's hard. (It's frustrating.)*
 - *So the thing that most concerns you is...*
 - *If you decided to...your main reasons would be...*
 - *So your main motivation is...*
 - *Your plan is...*
 - *That's a great idea.*
 - *Thanks for sharing that with me.*

I think that will really work for you.

You've thought a lot about this.

Affirm
Look for ways to affirm; makes change more likely.

That's a good idea.

I appreciate all the work you've done here.

When we meet in 2 weeks, you'll...

Let me see if I can summarize.

Summarize
Before you leave, connect the dots.

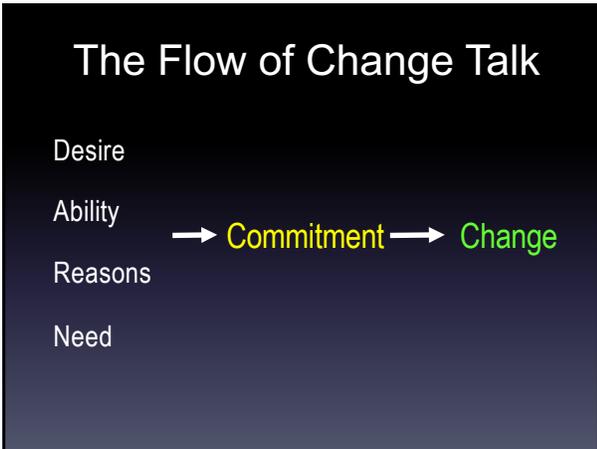
You decided to...

So what we've decided is that...

Elements of MI "Style"

Evocation	• Provider actively works to evoke client's reasons and ideas around change.
Collaboration	• Provider encourages power sharing so that client's ideas influence the direction of the interaction.
Autonomy	• Provider actively emphasizes client's own personal control and choice in deciding outcome.
Empathy	• Provider shows a deep understanding of the client's perspective, not just what has been explicitly stated, but what the client means and how he/she feels.





- ### Change Talk...
- Follow With Questions & Reflections*
- **Desire:** Want, wish, like ("I want to do better about managing my anger.")
 - **Ability:** Can, could, would ("I guess I could start keeping track of how much I'm drinking.")
 - **Reasons:** If, then ("If I used condoms, it would reduce my chance of getting pregnant.")
 - **Need:** Need, have to, got to ("I've got to do something about this!")

I want to have better relationships. Be around good people.

If I was using condoms, I know that would reduce my chance of getting pregnant again.

I know I need to quit smoking. They keep telling me.

Imbedded Change Talk

Wants to use condoms.

I do want to use condoms, but there's never a good time to bring it up. Plus, then he gets upset. It makes things worse.

Never a good time.

Boyfriend gets angry.

I know I should be meeting with my doctor, but it's hard with transportation and childcare. I don't have a good car.

I'd like to breastfeed my baby, but it's hard. He don't latch on.

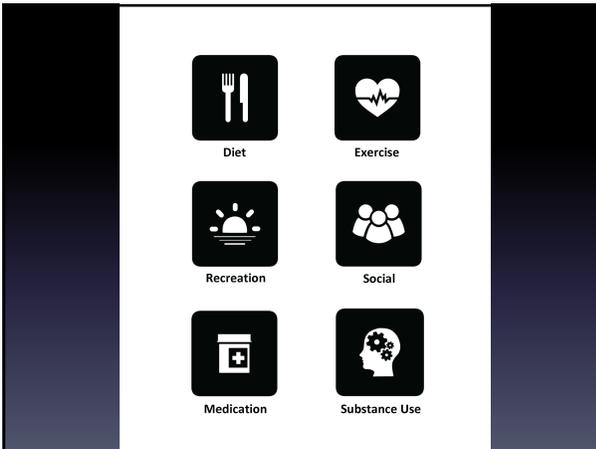
They told me that I can't drink when I'm pregnant. It's probably not good, but I don't really drink that much.



- Elicit, Provide, Elicit**
- ELICIT readiness and interest
 - “What have you already done about...?”
 - “What do you know about the benefits of...”
 - PROVIDE clear information or feedback
 - “You’re exactly right. In addition...”
 - “Something else you might consider is...”
 - ELICIT the interpretation or reaction
 - “So where does this leave you...?”
 - “How do you think you might...?”

Giving Advice Without Telling Someone What to Do

- Ask for permission.
 - *Would it be okay if I gave you some information about...*
- Preface advice with permission to disagree.
 - *This may or may not work for you, but...*
- Give a menu of options.
 - *There are a couple things you could do here...*
- Emphasize personal choice.
 - *...but again, you should decide what will work best for you.*



Ask a Scaled Question

On a scale of 1-10, how important is it for you to make a change in your...?



1 10
 "Not "Very
 Important Important"

- a. What makes it that important?*
- b. Why are you at a xx and not a 1?*
- c. What else?*

C: A one.	C: Maybe about a 3.	C: Probably a 9 or so.
<i>T: OK, so it's not that important to you at this time. What would you like to change? What would you like to talk about?</i>	<i>T: So, about in the lower middle. But I'm wondering, why did you say a 3 and not a 1? So, one reason it's important is... What else...?</i>	<i>T: So it's very important for you to do something about your drinking. Why is that? So, one reason it's important is... What else?</i>

Ask a Scaled Question

On a scale of 1-10, how confident are you that you could ... if you wanted to?

↓

1	10
"Not Confident"		"Very Confident"

a. What makes you that confident?

b. Why are you at a xx and not a 1?

c. What would it take to raise your score to a xx?

d. How can I help you get there?

C: A one.	C: guess about a 4.	C: A ten.
<i>T: Hmm... Pretty low. What would it take to raise that 1 up to, say, a 5? Tell me about a change you made in the past. How did you do it?</i>	<i>T: So, about in the middle. But why a 4 and not a 1? What else...? What would it take to raise your confidence to, say, an 8? How would you go about it? How can I help?</i>	<i>T: So, you're quite confident. How would you go about it? What would it look like? What else...? How would you go about it? How can I help?</i>

GETTING THROUGH TREATMENT

How committed are you at this moment to successfully **completing treatment**?

Not at all Very much

1 2 3 4 5 6 7 8 9 10

What things are you working on to help with your treatment progress?

	Set Goal	Completed
• Make an appointment for an initial substance abuse screening. Date: <u> </u> / <u> </u> / <u> </u> Time: <u> </u> am/pm	<input type="checkbox"/>	<input type="checkbox"/>
• Make a list of things I will do to help me stay clean. Notes: _____	<input type="checkbox"/>	<input type="checkbox"/>
• Ask a friend to help me stay clean. Person I could talk to: _____	<input type="checkbox"/>	<input type="checkbox"/>
• Visit an NA or AA meeting.	<input type="checkbox"/>	<input type="checkbox"/>
• Make sure I have a sponsor.	<input type="checkbox"/>	<input type="checkbox"/>
• Call a supportive person and let them know how I am doing. People I could talk to: _____	<input type="checkbox"/>	<input type="checkbox"/>
• Rearrange my schedule so I can attend treatment. Notes: _____	<input type="checkbox"/>	<input type="checkbox"/>

How *READY* are you to have a preventative BSO in the next 12 months?

NOT AT ALL READY VERY READY

1 2 3 4 5 6 7 8 9 10

People who are **not at all/a little ready** sometimes use these steps

- Talk to spouse/family
- Connect with someone who has had a BSO
- Make a list of pros and cons; discuss them with family and friends
- Find out more about BSO

People who are **somewhat ready** sometimes use these steps

- Have the genetic counsellor provide a referral to a surgeon
- Search for answers to relevant questions
- Talk to someone who has already had a BSO

People who are **very ready** sometimes use these steps

- Have the genetic counsellor provide a referral to a surgeon
- Make an appointment with a surgeon
- Meet with a surgeon; book BSO date
- Arrange schedule (i.e. time off from work, childcare)

Page 7

Your Wellness Wheel

At this moment, how satisfied are you with each part of your life?
Color each part of the wheel, where 1 = not at all satisfied; 10= very satisfied

Setting Goals

S	• Specific
M	• Measurable
A	• Attainable
R	• Realistic
T	• Timely

Repetition



Rite it down



Resemblance



Reminders



Relationships



What else?
