

“Motivational Interviewing: A Transformation”

Presenter:

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Senior Academic Director of Addiction Medicine Services, Western Psychiatric Hospital

Session Learning Objectives:

As a result of participation in this activity, participants will be able to:

- Develop a contemporary understanding of Motivational Interviewing (MI) and the evidence base.
- Learn about the spirit, processes, and core skills and strategies of MI.
- Identify challenges in learning and implementing MI in clinical practice.

This webinar will begin at 8:00 PM EST

Pennsylvania Chapter



Motivational Interviewing: A Transformation

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Medicine Services**

Western Psychiatric Hospital



Research & Royalties Disclosures

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- NHLBI
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- CDC
- HRSA
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What Have We Been Learning?


A Word of Informed Consent

This approach is likely to change you!

Motivational Interviewing

First edition, 1991 (Preface)

The “NEW NORMAL”



Anxiety
Panic
Obsessive-compulsive
symptoms
Insomnia
Digestive problems
Depressive symptoms
Post-traumatic stress
Substance use

Moral injury
Empathy fatigue
Hopelessness
Weight gain
Financial stress



Connection
Empowerment
Resilience
Social &
community support

COVID-19 & Public Health

COVID-19 has exacerbated many other health problems by:



Access to prevention services

Access to testing

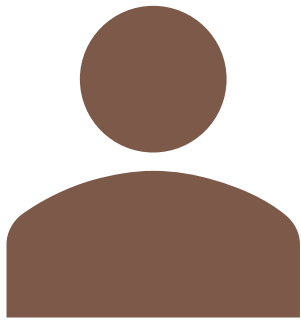
Treatment access

Income or employment

Social support



What is Motivational Interviewing (MI)?



person-centered



collaborative



compassion

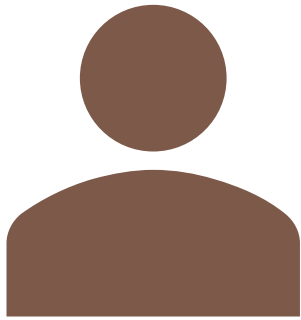


acceptance

Context & Roots in MI

- ▶ Accurate empathy
- ▶ Unexpected impact of MI alone
- ▶ Importance of “spirit”
- ▶ Relational and technical components
- ▶ Therapist/practitioner style matters!!!

What is MI?



person-centered



collaborative



compassion



acceptance

THE SPIRIT

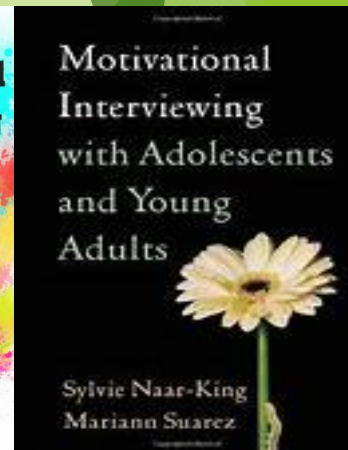
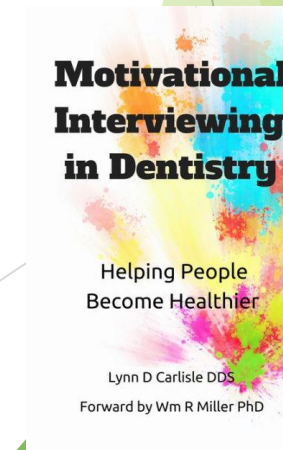
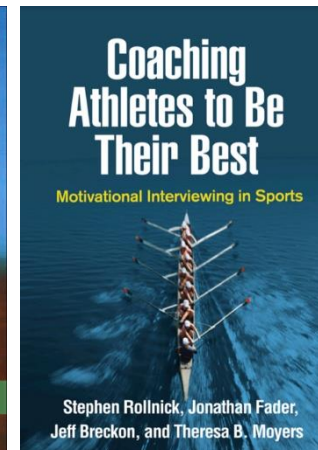
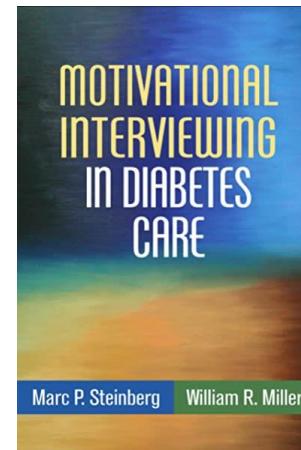
MI: “A way of
being”



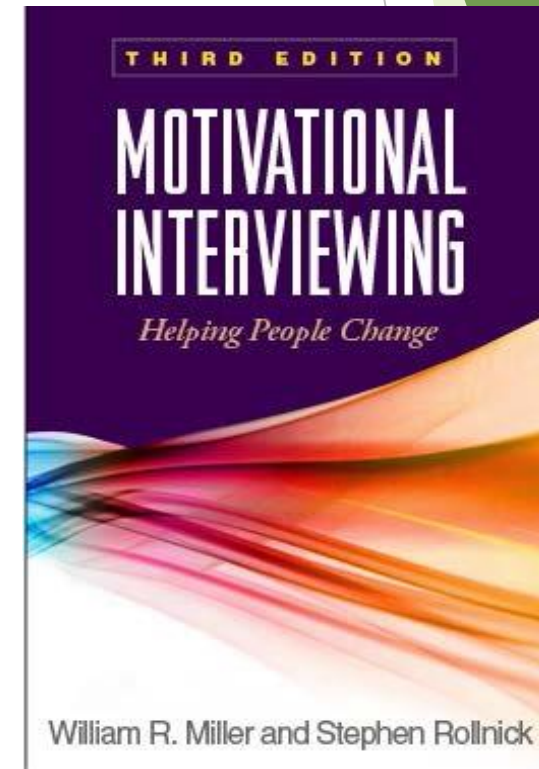
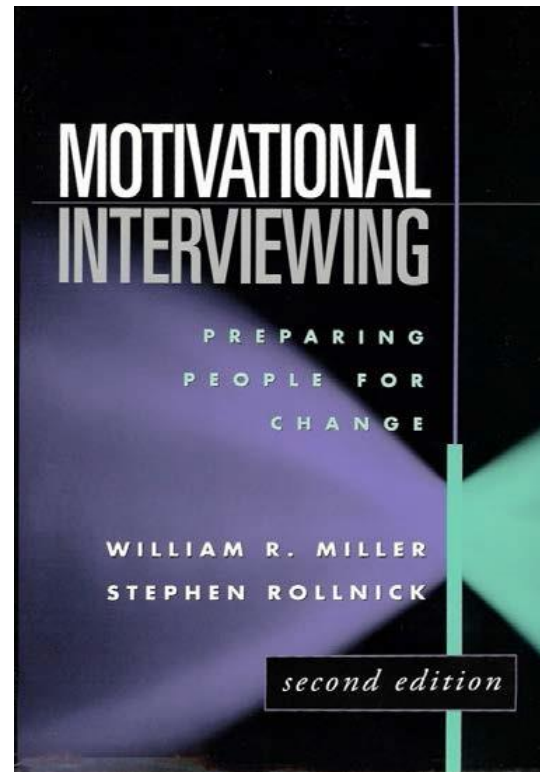
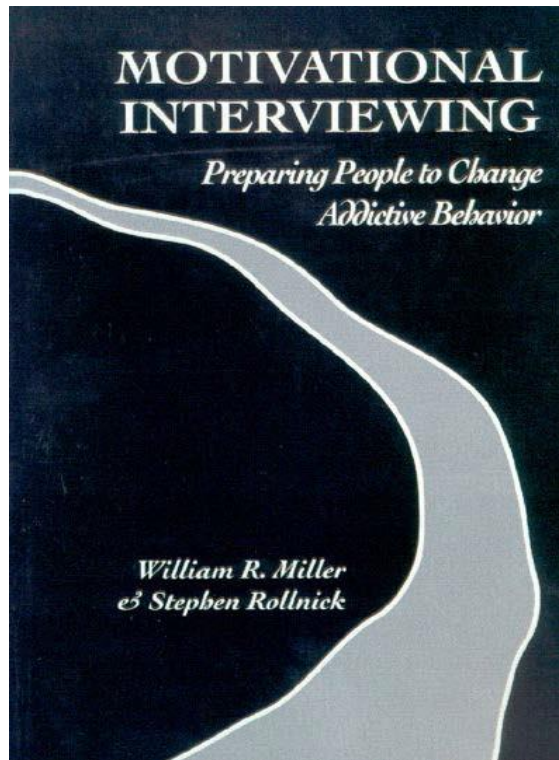
Broadly Applicable



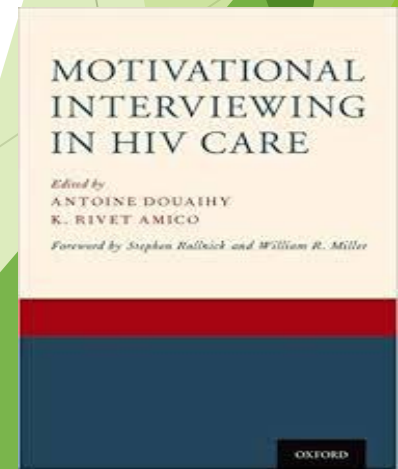
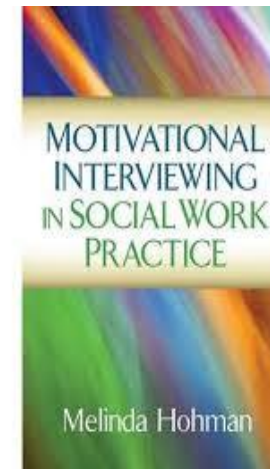
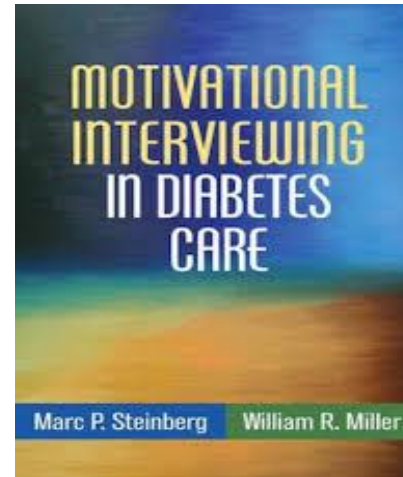
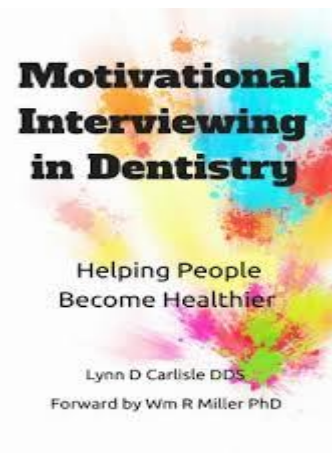
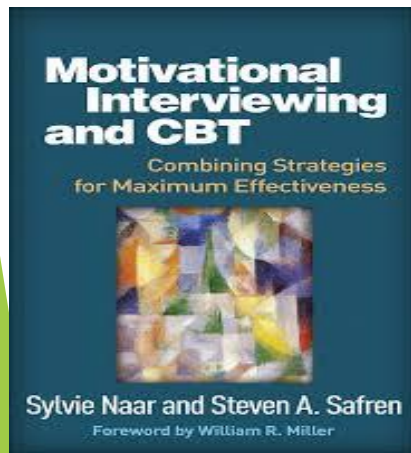
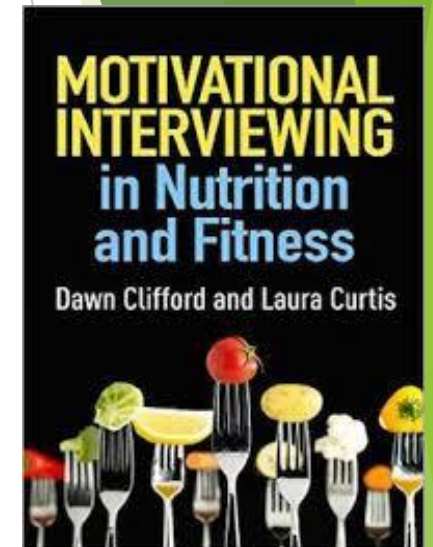
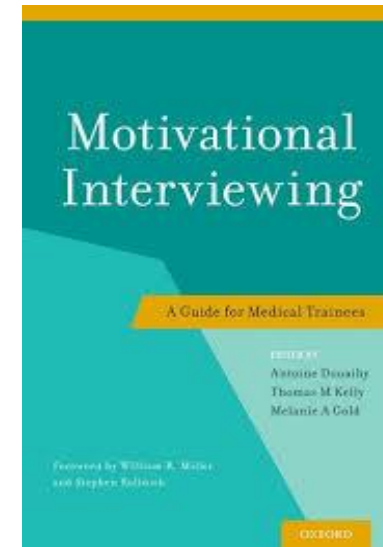
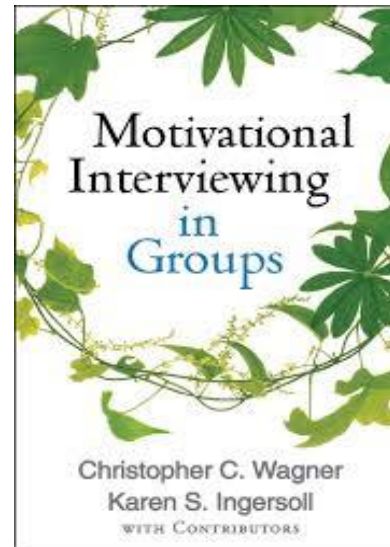
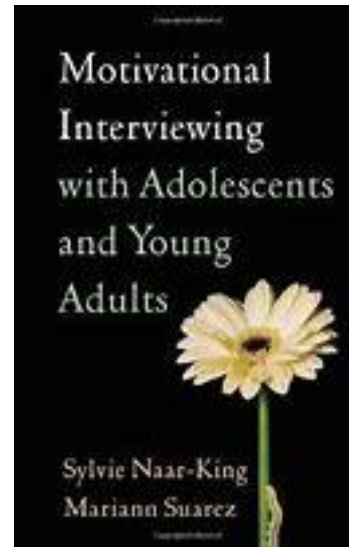
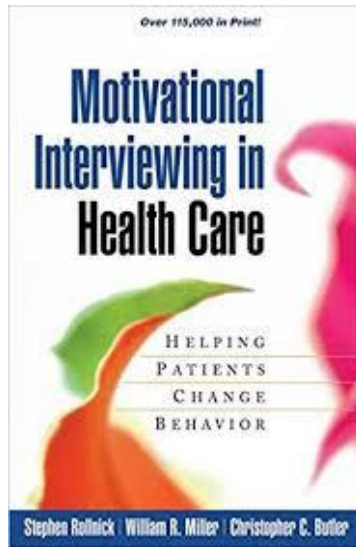
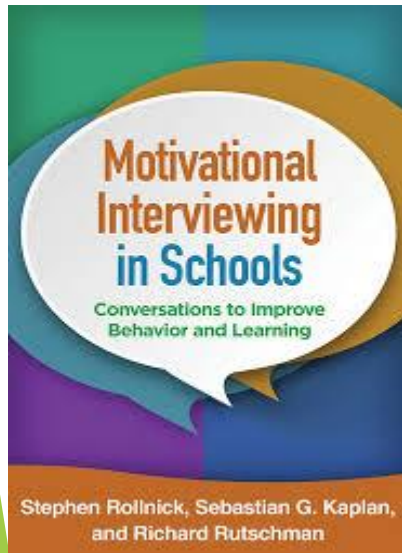
psychiatric disorder
weight management
dentistry
diabetes care
health promotion
HIV care
adolescents & young adults



MI has evolved through 3 Editions since 1991



.....And Special Applications



Motivational Interviewing

Layperson's	MI is a collaborative conversation style for strengthening a person's own motivation and commitment to change (What is it for?)
Practitioner's	MI is a person-centered counseling style for addressing the common problem of ambivalence about change (How would I use it?)
Technical	MI is a collaborative, goal-oriented style of communication with particular emphasis to the language of change. It is designed to strengthen personal motivation for and commitment to a specific behavior by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion (How does it work?)

The MI “Guiding” Style

How can we work together to decide?

versus

This is what you should do.

Uses information and persuasion to
achieve change

Positions practitioner as “expert”

Undermines the patient’s autonomy

Conveys judgment (there is a “right” and
“wrong” way)

The Power of Empathy

EMPATHY. *A specifiable and learnable skill for understanding another's meaning through the use of reflective listening.*

EMPATHIC STYLE.

Communicates respect for and acceptance of people and their feelings

Encourages a nonjudgmental, collaborative relationship

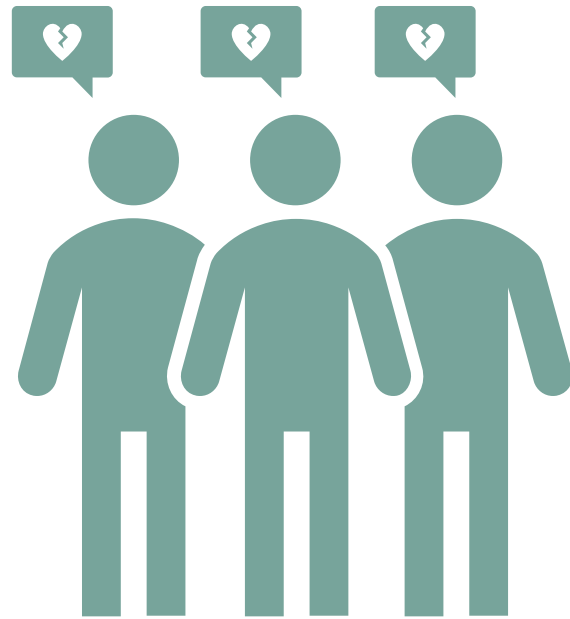
Allows you to be a supportive and knowledgeable consultant

Listens rather than tells

Gently persuades with the understanding that the decision is ultimately that person's

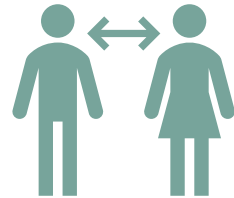
Provides support

Why MI?



Ambivalence is to be Expected

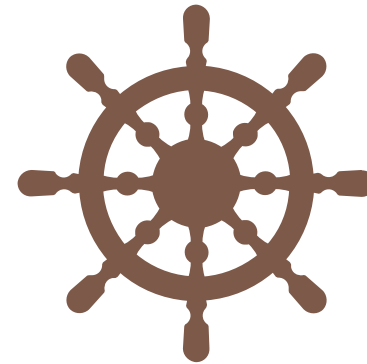
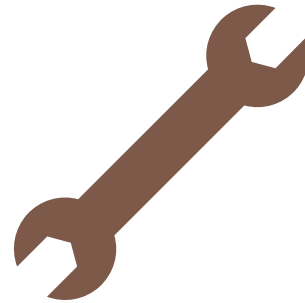
AMBIVALENCE. *The state of having mixed feelings or contradictory ideas about something or someone.*



Ambivalence is a typical part of the change process.

Self Determination Theory & Autonomy Support

SELF DETERMINATION THEORY. *Suggests people are motivated to grow or change when three needs are fulfilled:*



AUTONOMY SUPPORT

Equanimity

EQUANIMITY

- *even-mindedness in the face of every sort of experience, regardless of whether pleasure [or] pain are present or not*
- *“neutral feeling,” a mental experience that is neither pleasant nor unpleasant*
- *“a balanced reaction to joy and misery, which protects one from emotional agitation*

CULTIVATING EQUANIMITY

- *Mindfulness: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations*
- *Lovingkindness: acting for the well-being of others through loving intention and kind action*



Impact of the Righting Reflex

(Slide courtesy of Dr. Bill Miller)

Invalidated	Resist	Withdraw
Not respected	Arguing	Disengaged
Not understood	Discounting	Disliking
Not heard	Defensive	Inattentive
Angry	Oppositional	Passive
Ashamed	Denying	Avoid/leave
Uncomfortable	Delaying	Not return
Unable to change	Justifying	

Impact of a Listen/Evoke/Empathic Style: MI

(Slide courtesy of Dr. Bill Miller)

Affirmed

Understood

Accepted

Respected

Heard

Comfortable/safe

Empowered

Hopeful/Able to change

Accept

Open

Undefensive

Interested

Cooperative

Listening

Approach

Talk more

Liking

Engaged

Activated

Come back

Definitions & Key Concepts

► Change Talk

- *Speech that favors movement toward a particular change goal*

► Sustain Talk

- *Speech that favors status quo rather than movement toward a change goal*

Flow of Change Talk

Desire

Ability

Reasons

Need

(DARN)



Commitment

Activation

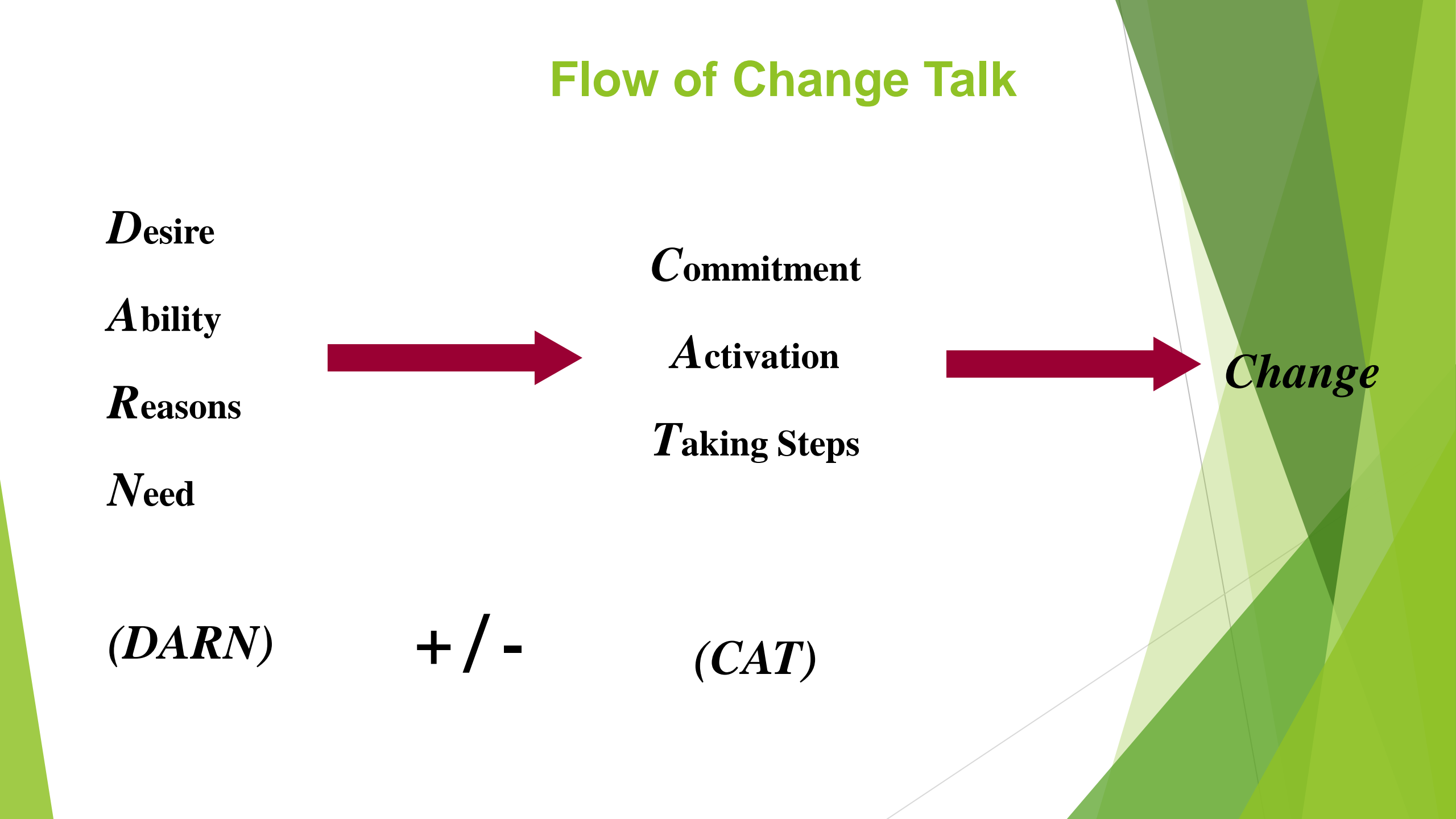
Taking Steps

(CAT)



Change

+ / -



Four Foundational Processes

Planning

Evoking vs Empowering?

Focusing

Engaging

How to Guide- Four Foundational Skills (OARS)

Open question

Affirmation

Reflective Listening-Remember that the learnable skills of
reflective listening is Accurate Empathy-

Summary

Simplicity not Complexity

- ▶ Practice the motivational interviewing guiding style versus directing style: Asking-Listening-Informing.
- ▶ Understand the “what, why (pros and cons) and how” of change.
- ▶ Respond skillfully and mindfully and avoid the righting reflex.

Elements of MI

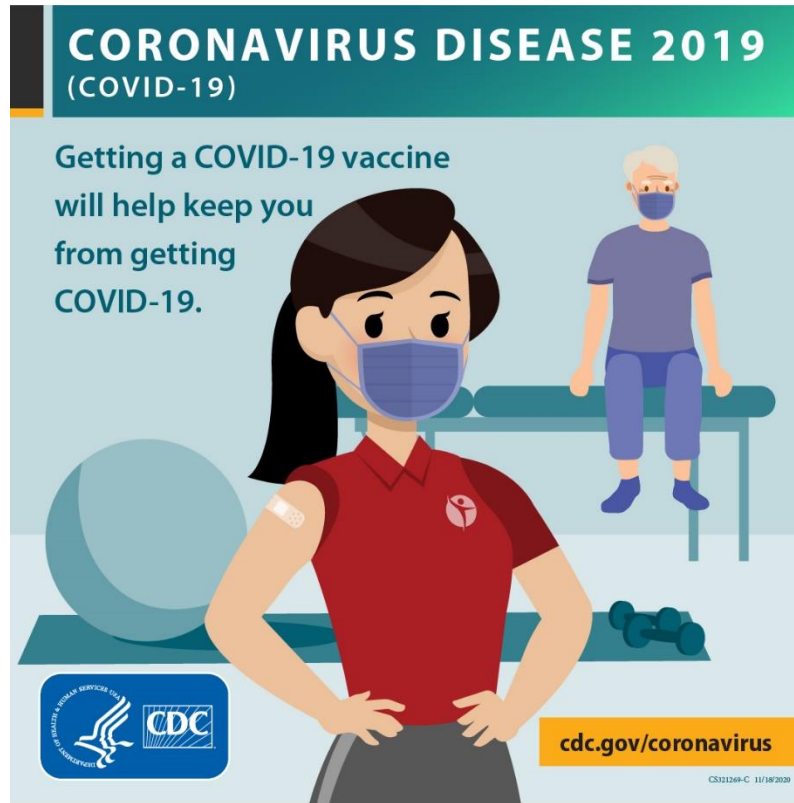
- ▶ Spirit of MI-Equanimity
- ▶ Cannot be MI without Engaging-Focusing & Evoking
- ▶ Is it MI if there is no focus?
- ▶ Equipoise situations? Not evoking any particular behavior change?
- ▶ Social justice

MI & Health Promotion

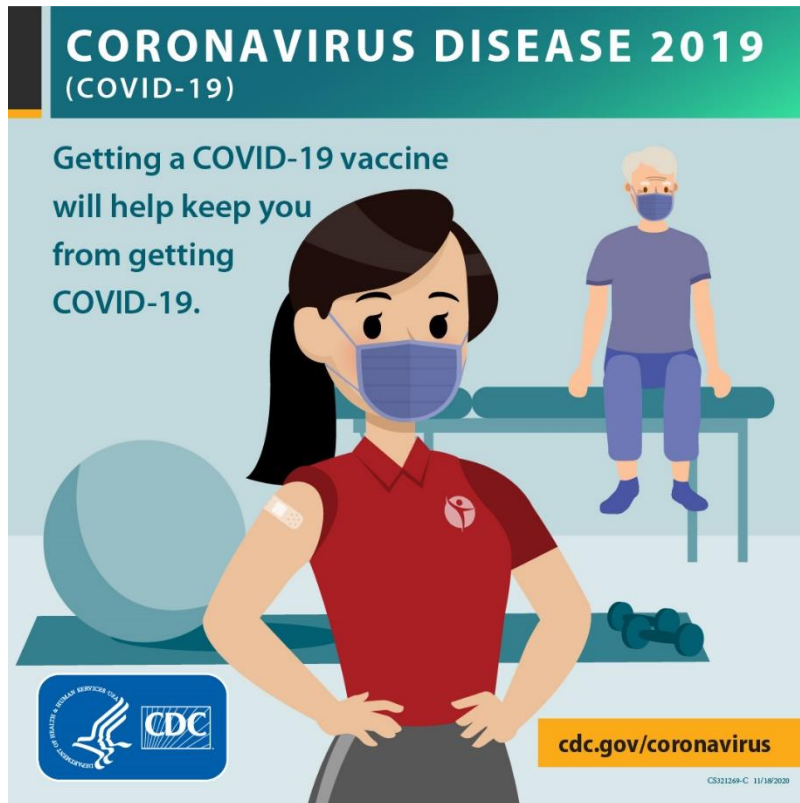
Goal of health promotion: ***engage** and **empower** individuals and communities to choose healthy behaviors, and make changes that reduce the risk of developing chronic diseases and other morbidities*

How MI can help achieve this goal: ***evoke** a person's or community's own reason(s) for change and **empower** them to make that change in a non-confrontational manner*

Health Promotion Approach



Alternative Approach: MI-Consistent Messaging



“COVID-19 vaccines are becoming readily available to the public. What are some reasons you might want to get the vaccine?”

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Explosion of MI Outcome Research!

What does the data tell us?

MI Applications in Different Settings

- More than 1000 controlled clinical trials---
- ✓ Substance use, addictions, psychiatric disorders, chronic medical illnesses, nutrition, HIV, public health, health promotion, preventive dentistry, social work, correctional facilities,...
- About 2/3 of trials show a beneficial effect; 1/3 do not!

MI Cross Cultural

- ▶ Being taught and practiced in more than 50 languages
- ▶ Clinical trials published from North and South Africa, Europe, Oceania, as well as Asian, African, Arabic, and Native American nations
- ▶ Neto: Understanding Motivational Interviewing: an Evolutionary Perspective (2017)
- ▶ Bill Miller: Social dominance video (<https://vimeo.com/281421233>) (2017)

Applications of MI in Pediatric Populations

- ▶ Why MI in pediatric settings?
- ▶ Adolescent cognitive and social-emotional developmental processes
- ▶ Implications for the technical and relational components of MI-Well adaptable !
- ▶ Several MI to incorporate MI in clinical encounters and interventions
- ▶ Brief interventions using MI as a platform
- ▶ Efficacious in improving substance use outcomes and emotional and physical health of adolescents/adapted to developmental period
- ▶ Teachable moments

MI is Learnable

Insights from MI Training Research

MI is simple, but not easy to learn

Self-perceived practice doesn't correlate with actual practice

"One shot" workshops are a good start but do not promote even basic MI proficiency

Educational attainment, degree, or experience, does not correlate with competent MI practice

Feedback and in-vivo coaching based on observed practice significantly improves acquisition of and maintenance of MI skills

You don't have to be a specialist to effectively promote behavior change

MI Network of Trainers: > 4000 trainers in more than 50 languages

Combining MI to Another Active Treatment Can Increase Efficacy

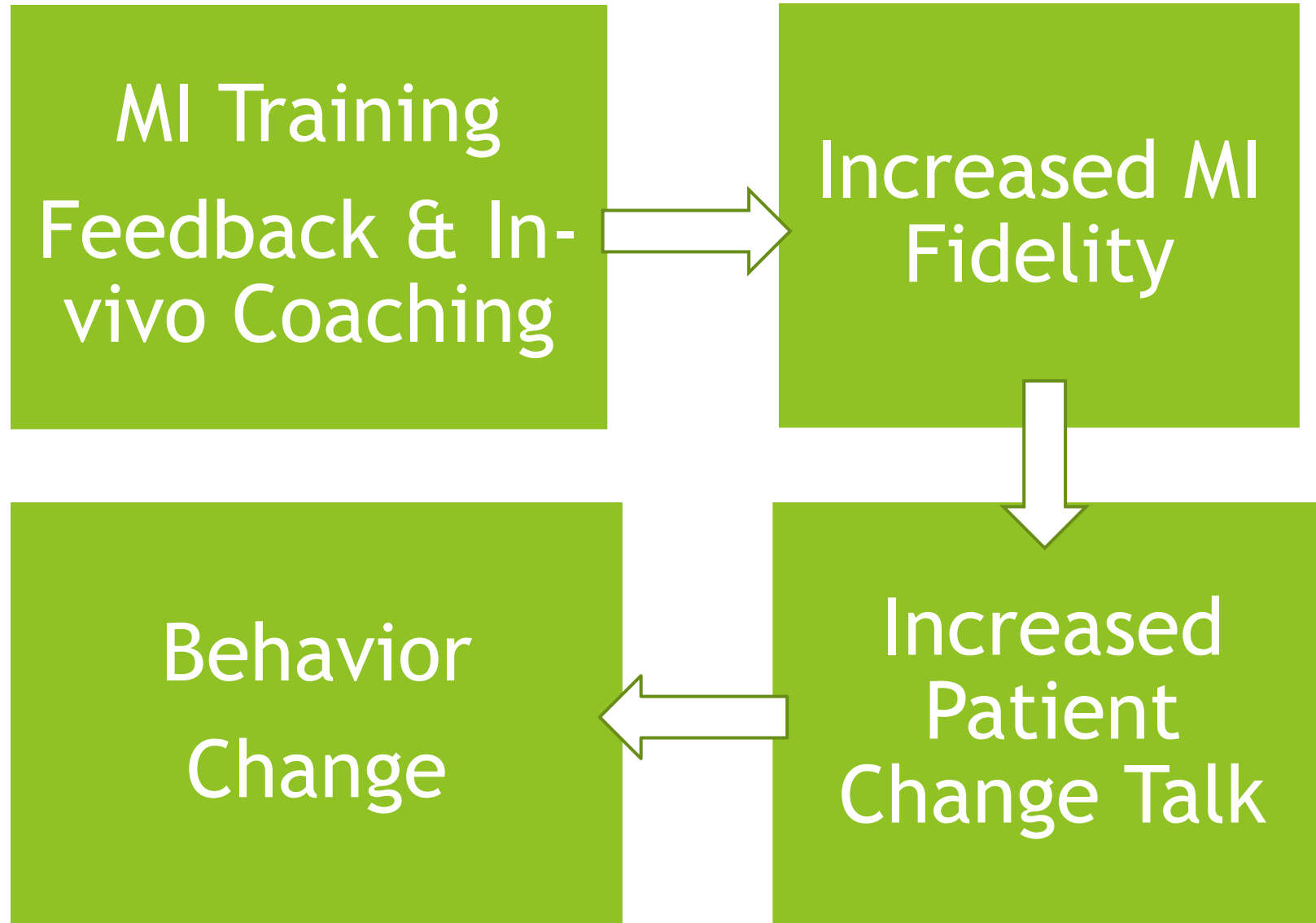
- ▶ Additive effect!!
- ▶ Synergistic effects
- ▶ Improved effect of the other treatment
- ▶ Long-terms effects of MI such as 12 months with this approach

Predictors of MI Outcome is Also Predictive of Outcome with Other Treatments

- Skills in accurate empathy predicts outcome in:
 - ✓ MI
 - ✓ CBT
 - ✓ Psychotherapy in general
 - ✓ Group therapy
 - ✓ Health care
 - ✓ Acupuncture

MI Can be Reliably Measured

- ▶ Therapist-only coding systems (e.g. MITI)
- ▶ Client-only coding systems (e.g. CLAMI)
- ▶ Therapist and client coding systems (e.g. MISC)
- ▶ MI fidelity predicts change talk and behavior change



Motivational Interviewing



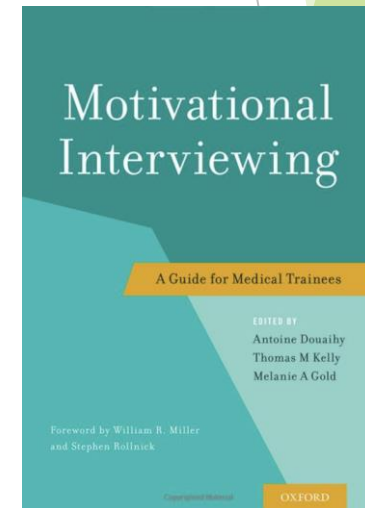
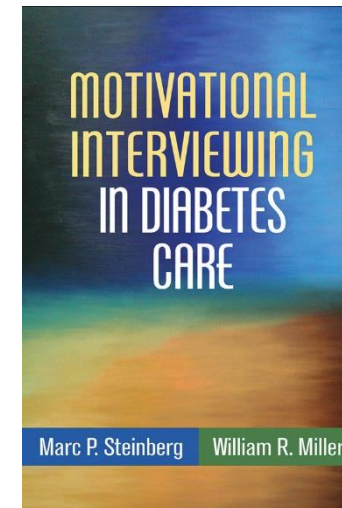
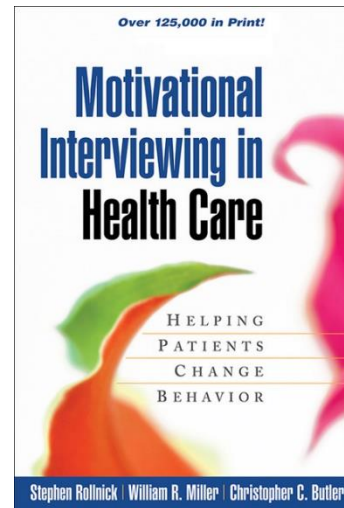
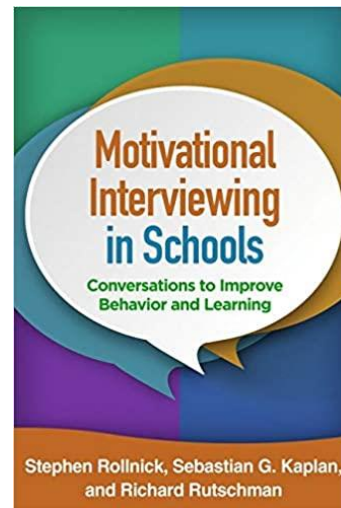
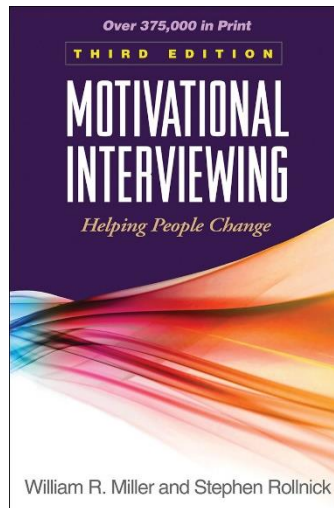
MI is:

- ▶ Based on four decades of research
- ▶ Evidence-based approach
- ▶ Relatively brief
- ▶ Verifiable
- ▶ With specific mechanisms of action
- ▶ Generalizable across medical conditions and populations
- ▶ Culturally adaptable
- ▶ Complementary and integrates well with other treatment approaches
- ▶ Learnable by a broad range of practitioners
- ▶ A natural fit with managing the dual dilemma of COVID-19 and minimize moral injury and strengthen empowerment

WANT TO LEARN MORE?



www.motivationalinterviewing.org
<https://williamrmiller.net>
www.stephenrollnick.com/
<https://theresamoyers.com>



It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one directly, affects all indirectly.

Dr. Martin Luther King Jr.
1967 Christmas Sermon

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THANK YOU!



Please submit your questions through the chat box!

Pennsylvania Chapter

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Thank You!

- Instructions on how to claim credit for your participation in today's Let's Talk webinar ***"Motivational Interviewing: A Transformation"*** will be emailed to all of today's participants, along with a recording of the session.
- If you have any additional questions or issues, please email info@paaap.org.

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