



## Pediatric Community Forum

### “Motivational Interviewing: A Transformation”

#### Presenter:

**Antoine Douaihy, MD**

Professor of Psychiatry and Medicine, University of Pittsburgh School of Medicine  
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

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



**CME/CEU is available for the live webinar. Information on how to obtain credit will be emailed to all participants following the webinar.**

# Motivational Interviewing: A Transformation

Antoine Douaihy, MD

Professor of Psychiatry & Medicine

University of Pittsburgh School of Medicine

Senior Academic Director of Addiction  
Medicine Services

Western Psychiatric Hospital



# Research & Royalties Disclosures

- NIDA
- NIMH
- Alkermes
- SAMHSA
- NHLBI
- AFSP
- CDC
- HRSA
- Foundation for Opioid Response Efforts (FORE)
- Royalties for academic books published by OUP, Springer, and PESI Media and Publishing





# 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



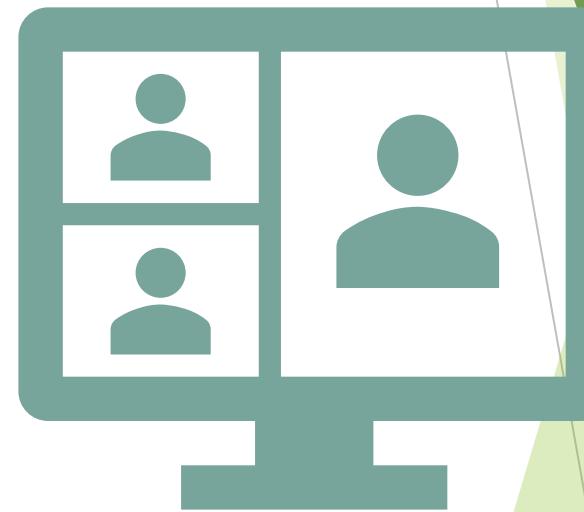
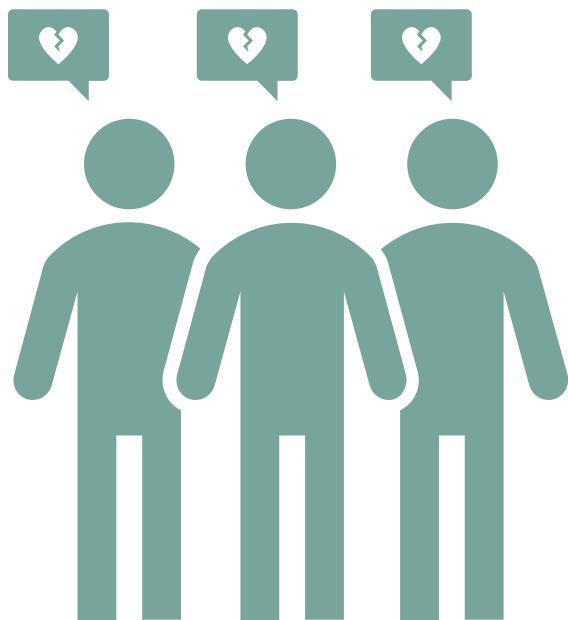
Connection  
**Empowerment**  
**Resilience**  
Social &  
community support

# COVID-19 & Public Health

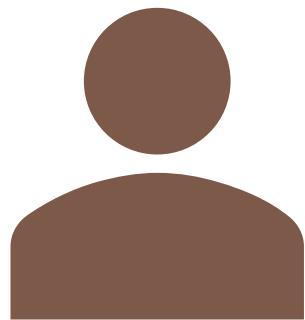
COVID-19 has exacerbated many other health problems by:



- Access to prevention services
- Access to testing
- Treatment access
- Income or employment
- Social support



# What is Motivational Interviewing (MI)?



person-centered



collaborative



compassion

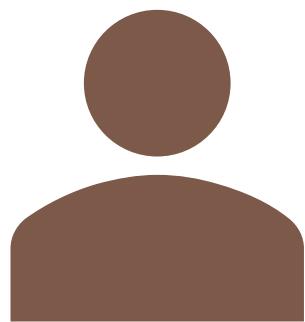


acceptance

# 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

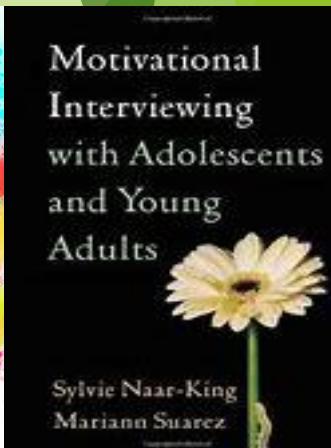
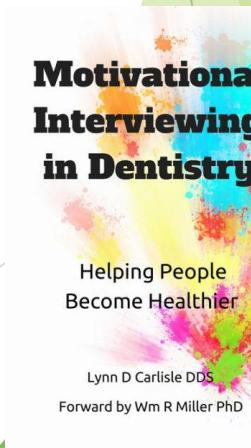
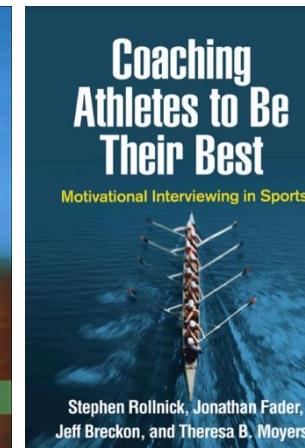
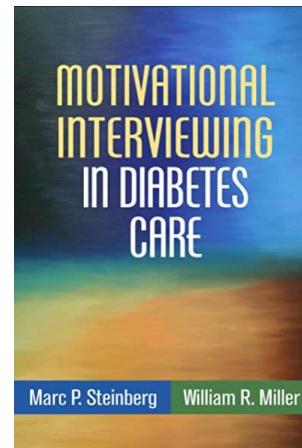
MI:“A way of  
being”



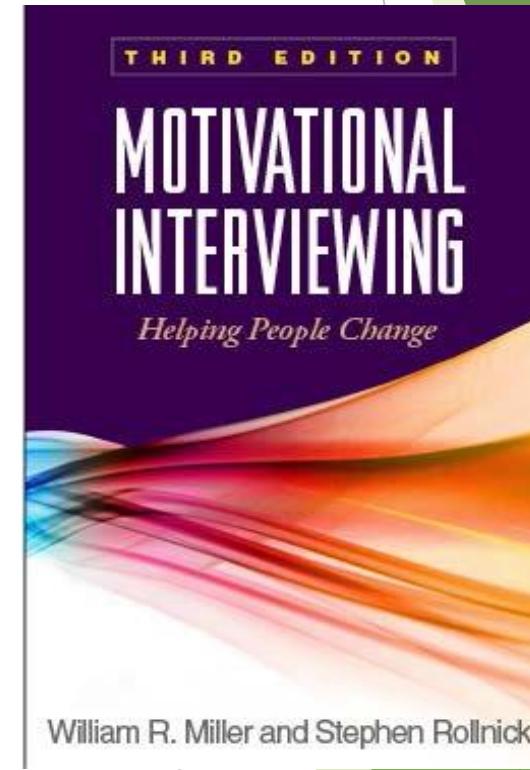
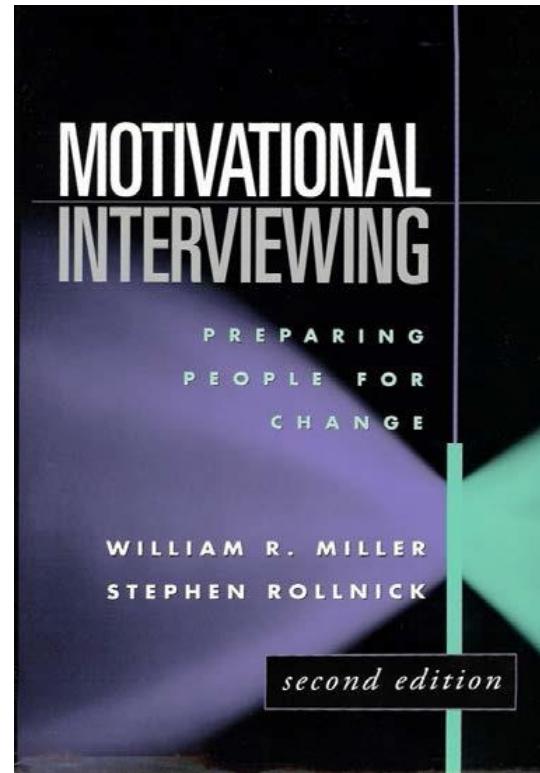
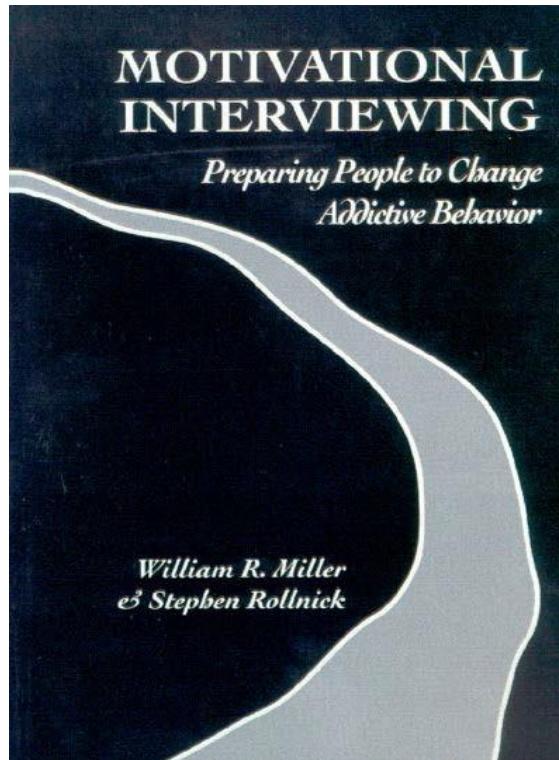
# Broadly Applicable



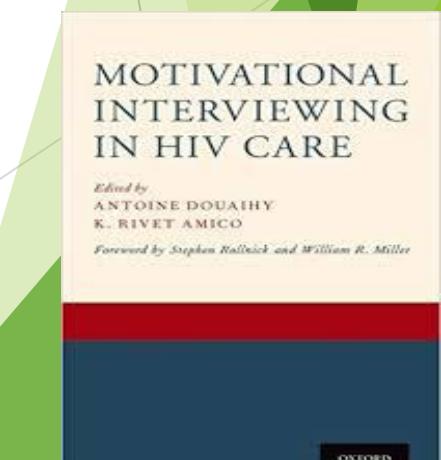
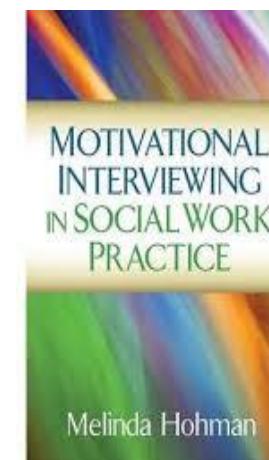
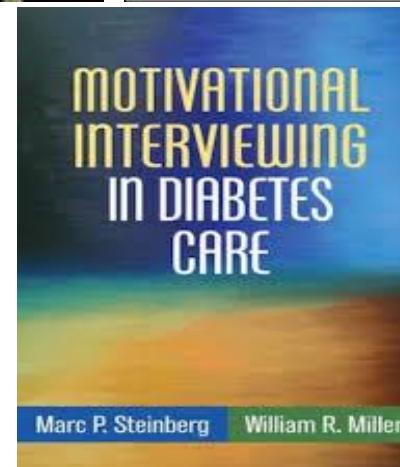
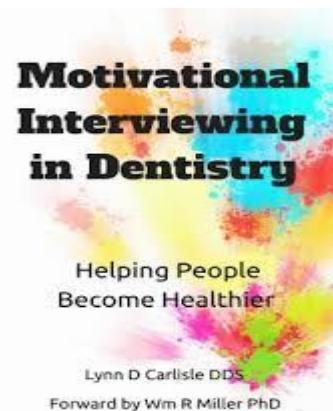
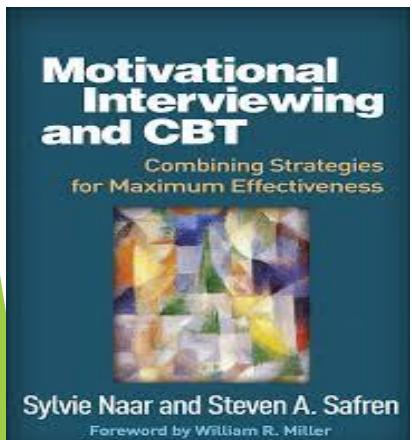
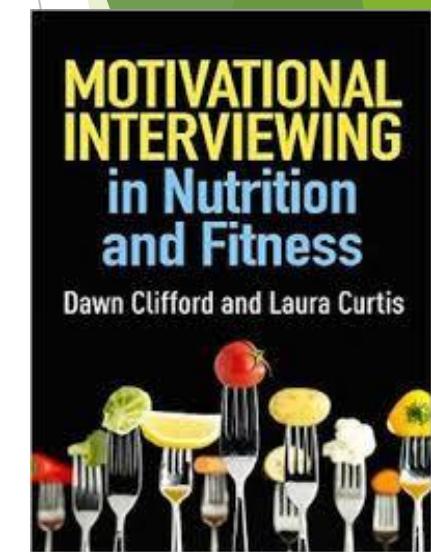
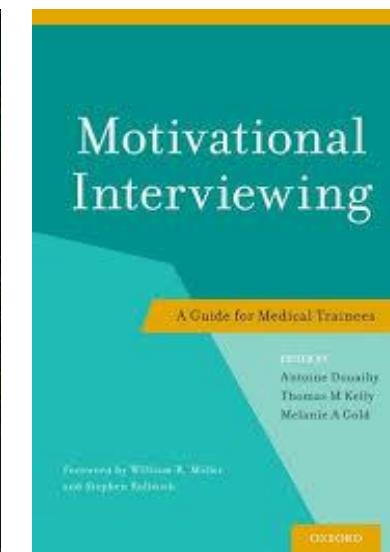
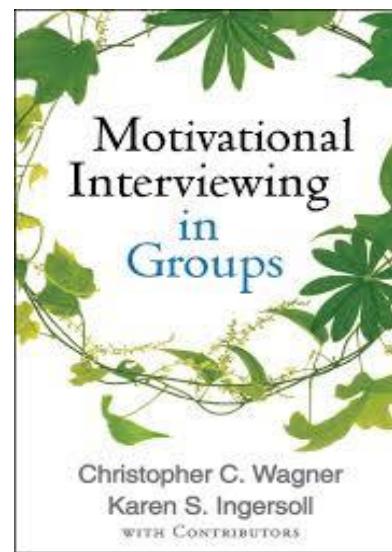
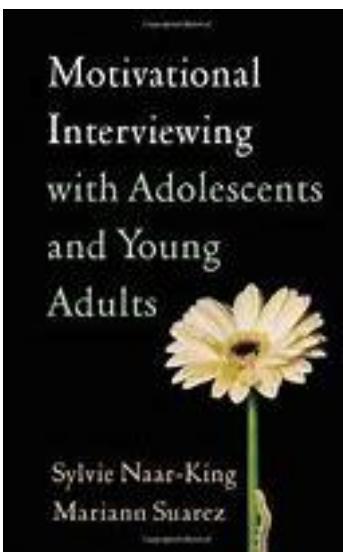
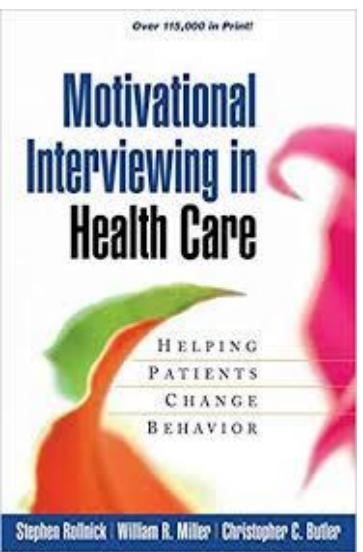
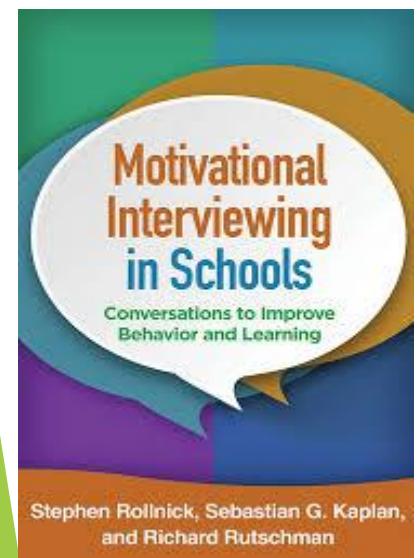
psychiatric disorder  
weight management  
dentistry  
diabetes care  
health promotion  
HIV care  
adolescents & young adults



# MI has evolved through 3 Editions since 1991



# .....And Special Applications



# Motivational Interviewing

<b>Layperson's</b>	MI is a collaborative conversation style for strengthening a person's own motivation and commitment to change <b>(What is it for?)</b>
<b>Practitioner's</b>	MI is a person-centered counseling style for addressing the common problem of ambivalence about change <b>(How would I use it?)</b>
<b>Technical</b>	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 <b>(How does it work?)</b>

# 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*

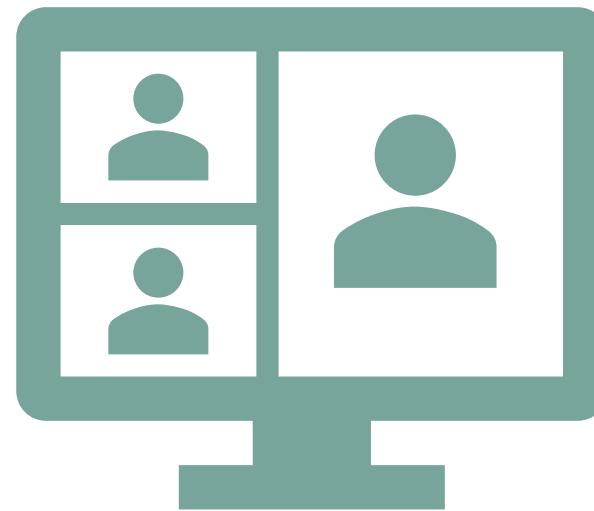
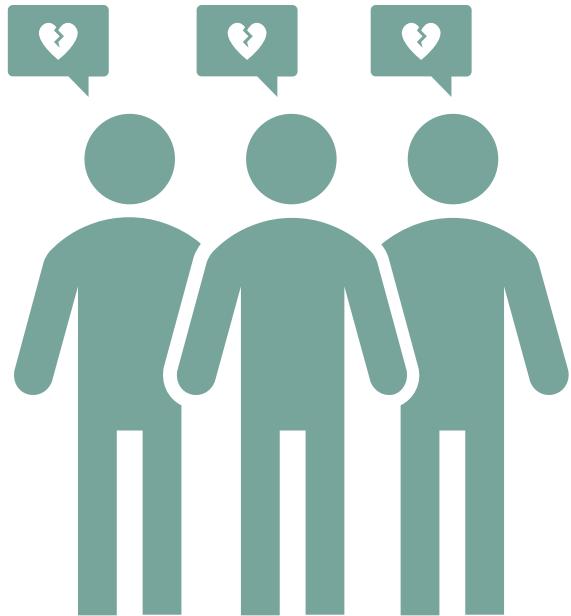
*Allows you to be a supportive and knowledgeable consultant*

*Listens rather than tells*

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

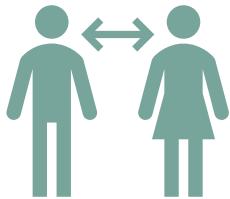
*Provides support*

# Why MI?



# Ambivalence is to be Expected

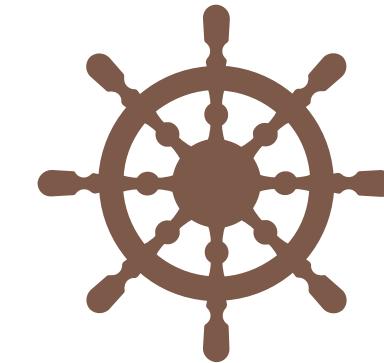
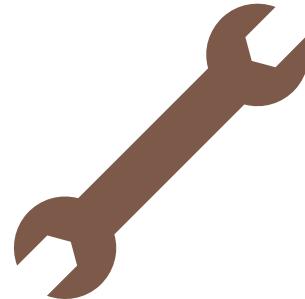
**AMBIVALENCE.** *The state of having mixed feelings or contradictory ideas about something or someone.*



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	Accept	Approach
Understood	Open	Talk more
Accepted	Undefensive	Liking
Respected	Interested	Engaged
Heard	Cooperative	Activated
Comfortable/safe	Listening	Come back
Empowered		
Hopeful/Able to change		

# 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*



*Change*

*+ / -*

*(CAT)*

# 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

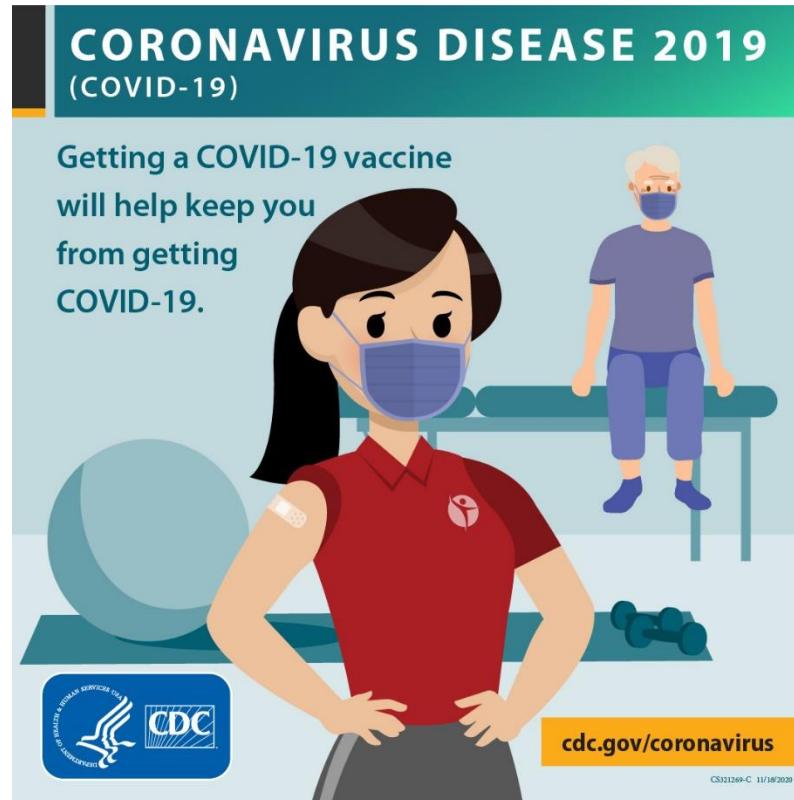
- ▶ Spirit of MI-Equanimity
- ▶ Cannot be MI without Engaging-Focusing & Evoking
- ▶ Is it MI if there is no focus?
- ▶ Equipoise situations? Not evoking any particular behavior change?
- ▶ Social justice

## MI & Health Promotion

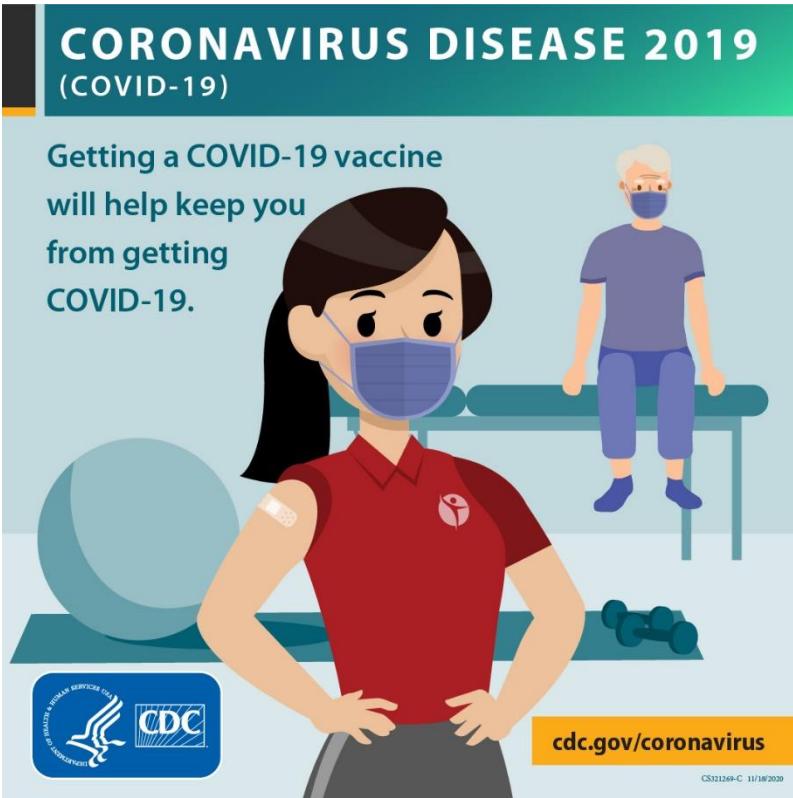
**Goal of health promotion:** *engage and empower individuals and communities to choose healthy behaviors, and make changes that reduce the risk of developing chronic diseases and other morbidities*

**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?”

# **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

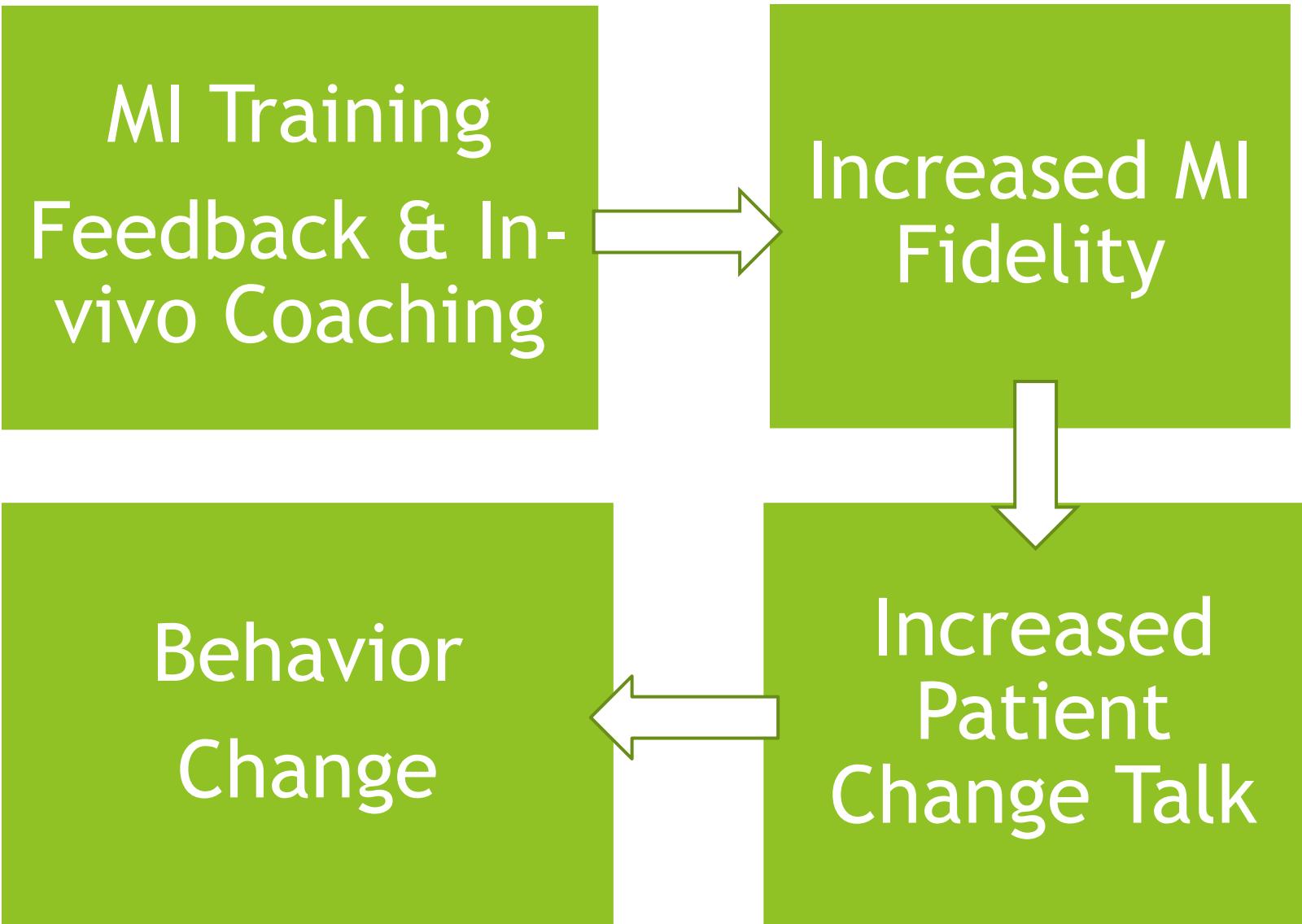
- ▶ Additive effect!!
- ▶ Synergistic effects
- ▶ Improved effect of the other treatment
- ▶ Long-terms effects of MI such as 12 months with this approach

## 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



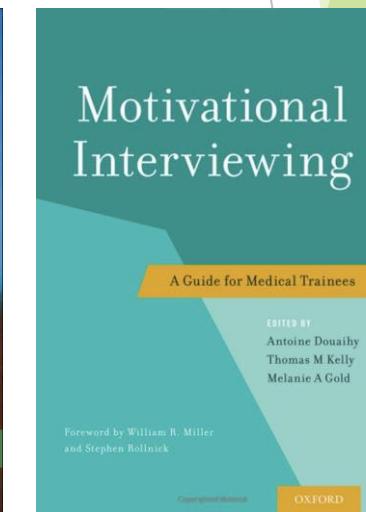
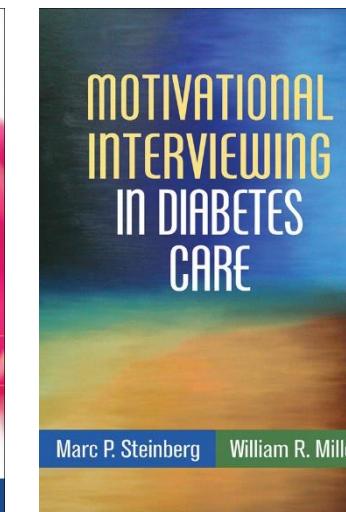
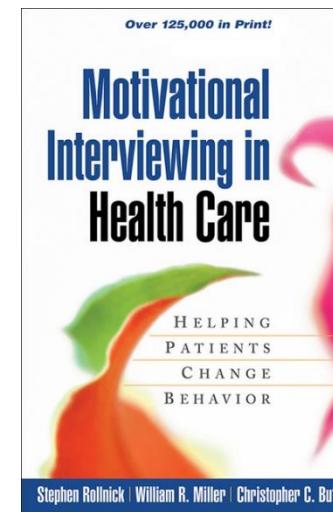
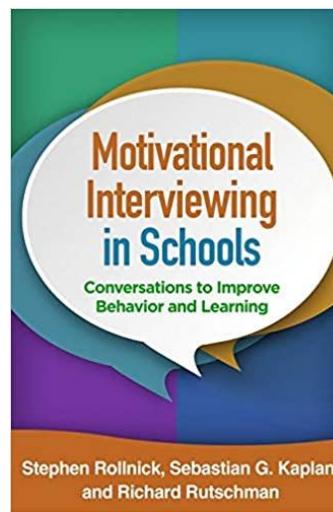
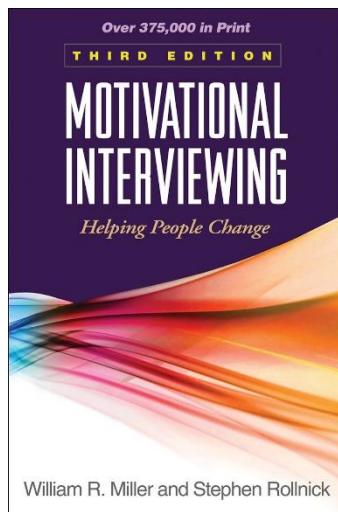
# Motivational Interviewing



# 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](http://www.motivationalinterviewing.org)  
[https://williamrmiller.net](http://williamrmiller.net)  
[www.stephenrollnick.com/](http://www.stephenrollnick.com/)  
[https://theresamoyers.com](http://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

# 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](mailto:info@paaap.org).

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