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

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?

THE SPIRIT

person-centered

collaborative

compassion

acceptance
MI: “A way of being”
Broadly Applicable

Substance Use

- 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 a typical part of the change process.

**AMBIVALENCE.** The state of having mixed feelings or contradictory ideas about something or someone.
SELF DETERMINATION THEORY. Suggests people are motivated to grow or change when three needs are fulfilled:
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

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

CORONAVIRUS DISEASE 2019
(COVID-19)

Getting a COVID-19 vaccine
will help keep you
from getting
COVID-19.

cdc.gov/coronavirus
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
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

Naar-King, 2011; Douaihy, Kelly & Gold, 2014
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
MI Training Feedback & In-vivo Coaching

Increased MI Fidelity

Behavior Change

Increased Patient Change Talk
Motivational Interviewing

Behaving
- Open Questions
- Affirmations
- Reflections
- Summaries
- Eliciting & Responding To Change Talk

Engaging
- Focusing
- Evoking
- Planning

Being
- Partnership
- Acceptance
- Compassion
- Evocation

Miller and Rollnick, 2013
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
THANK YOU!
Please submit your questions through the chat box!
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.