

ATAC Conference 2009

Addiction & Change

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WHAT IS MI?

“...motivational interviewing, a person-centred goal-oriented approach for facilitating change through exploring and resolving ambivalence.”

Miller, 2006. *Re-Thinking Substance Abuse*



MI

Miller & Rollnick, 2009

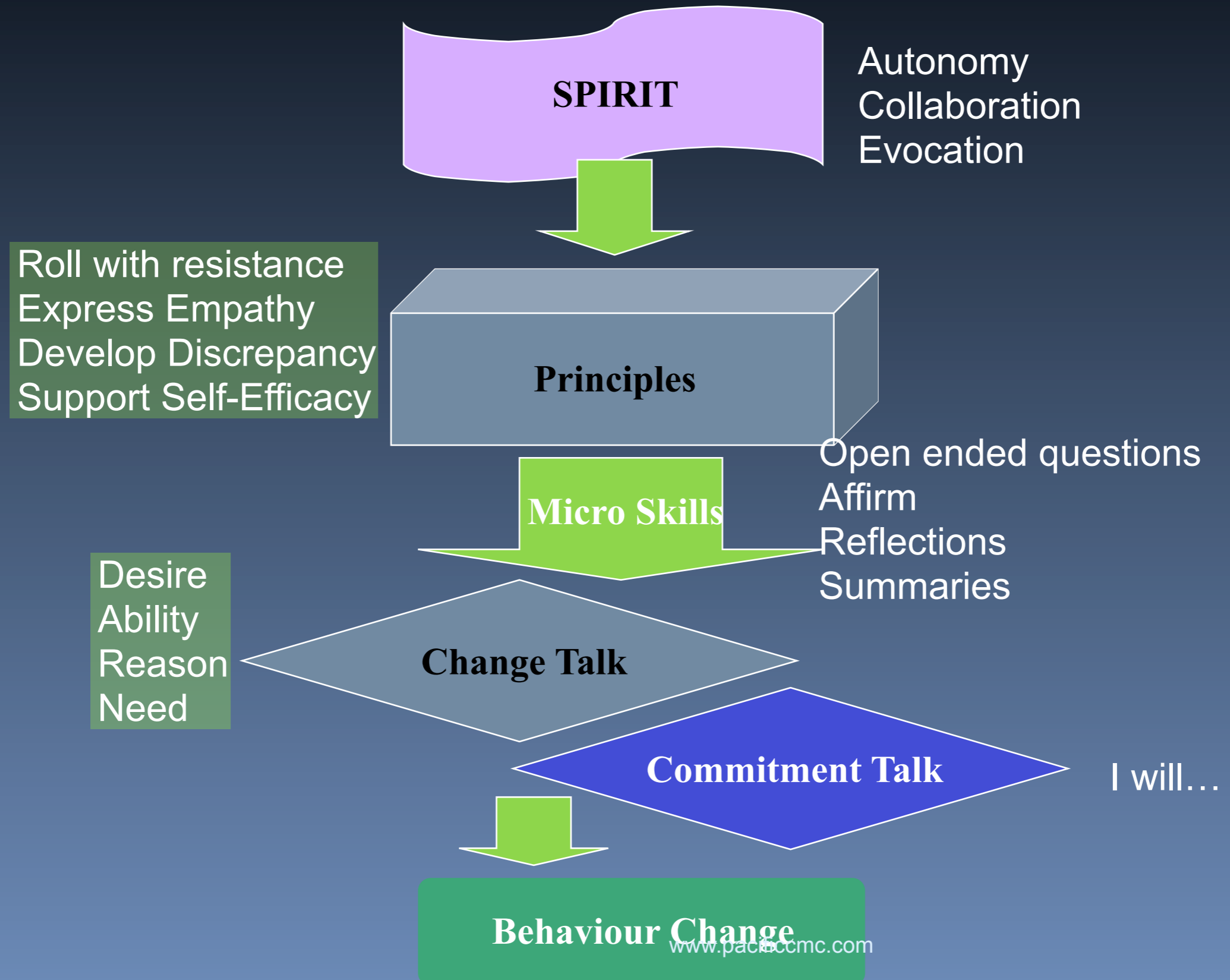
Motivational interviewing is a *collaborative, person-centered form of guiding to elicit and strengthen motivation for change.*



Miller (2009)

“Ambivalence is almost a reification of a drive state, like cognitive dissonance, which Albert Bandura urged me away from, in favour of simple discrepancy.”

Motivational Interviewing



Spirit of MI

- Collaboration
- Evocation
- Autonomy



“In the 11 years since the first edition of this book, we have found ourselves placing less emphasis on techniques of motivational interviewing and ever greater emphasis on the fundamental spirit that underlies it.”

Miller & Rollnick, 2002

8 Stages of Learning MI

Miller & Moyers (2008)

1. The Spirit of MI
2. Client Centred Counselling Skills
3. Rolling with Resistance
4. Recognising and Reinforcing Change Talk
5. Eliciting Change Talk
6. Developing a Change Plan
7. Consolidating Client Commitment
8. Switching Between MI and other Counselling Methods

Discrepancy/Ambivalence

- Is normal and the first step toward change
- Can be uncomfortable - "the hell"
- People have their own ways of resolving it
 - The more important the matter at hand the more need for resolving it
- Reluctance to change is expected
- The person's situation is understood as being "stuck"
- Has a strong undertow

Change talk

- Desire
- Ability
- Reason
- Need
- Commitment
- Activation
- Taking Steps

“The simplest and most direct approach is to ask the person for a change statement” *Miller & Rollnick, 2002*

Some reasons for missed opportunities

- Not listening
- Expert focus
 - Busy gathering information
 - Hot on a trail (e.g., going for “why”)
- Client monologue
- Not recognizing change talk
- Not knowing how to respond to change talk

Preparatory Change Talk

Four Kinds

DARN

- **D**ESIRE to change (want, like, wish . . .)
- **A**BILITY to change (can, could . . .)
- **R**EASONS to change (if . . . then)
- **N**EED to change (need, have to, got to . . .)

Implementing Change Talk

reflects resolution of ambivalence

CAT

- COMMITMENT (intention, decision, readiness)
- ACTIVATION (ready, prepared, willing)
- TAKING STEPS

Strength of Change Talk

+5 Definite, strong, emphatic, absolute inclination



+1 Highly diminished inclination
I guess, a little

Desire Strength

+5 I definitely want to

+4 I really wish

+3 I'd like to

+2 I mostly want to

+1 I guess I'd like to

Ability Strength

- +5 I'm sure that I could
- +4 I'm pretty sure that I could
- +3 I think I can
- +2 Probably I can
- +1 I might be able to

Evoking change talk


- Asking evocative questions
 - Disadvantages of the status quo
 - Advantages of change
 - Optimisim about change
 - Intention to change
- Using the importance/confidence rulers
- Exploring the decisional balance

Evoking change talk - EARS

- E: Elaborating
 - Asking for clarification
 - Asking for a specific example
 - Asking for a description of the last time this occurred
 - Asking “what else” within a change topic
 - Querying Extremes, looking back, looking forward
- A: Affirming
 - commenting positively on the person’s statement
- R: Reflecting
 - continuing the paragraph, etc.
- S: Summarizing
 - collecting bouquets of change talk




Resources

- Miller, WR & Rollnick, S (2002). *Motivational Interviewing: Preparing people to change*. Guilford Press
 - Rosengren, D. (2009). *Building MI Skills: A Practitioner Workbook*. Guilford Press
 - www.motivationalinterview.org
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MI Practice

- Triads
 - speaker
 - facilitator
 - coder
 - 10 minutes - stick with it
 - Feedback (2 minutes)
 - speaker
 - coder
 - Rotate
- 



Time remaining

115



Thanks

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