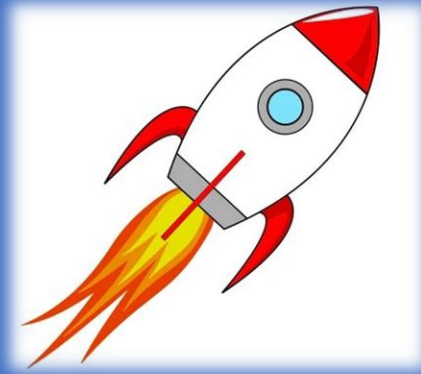


Motivational Interviewing Booster



Oscar F. Rojas Perez

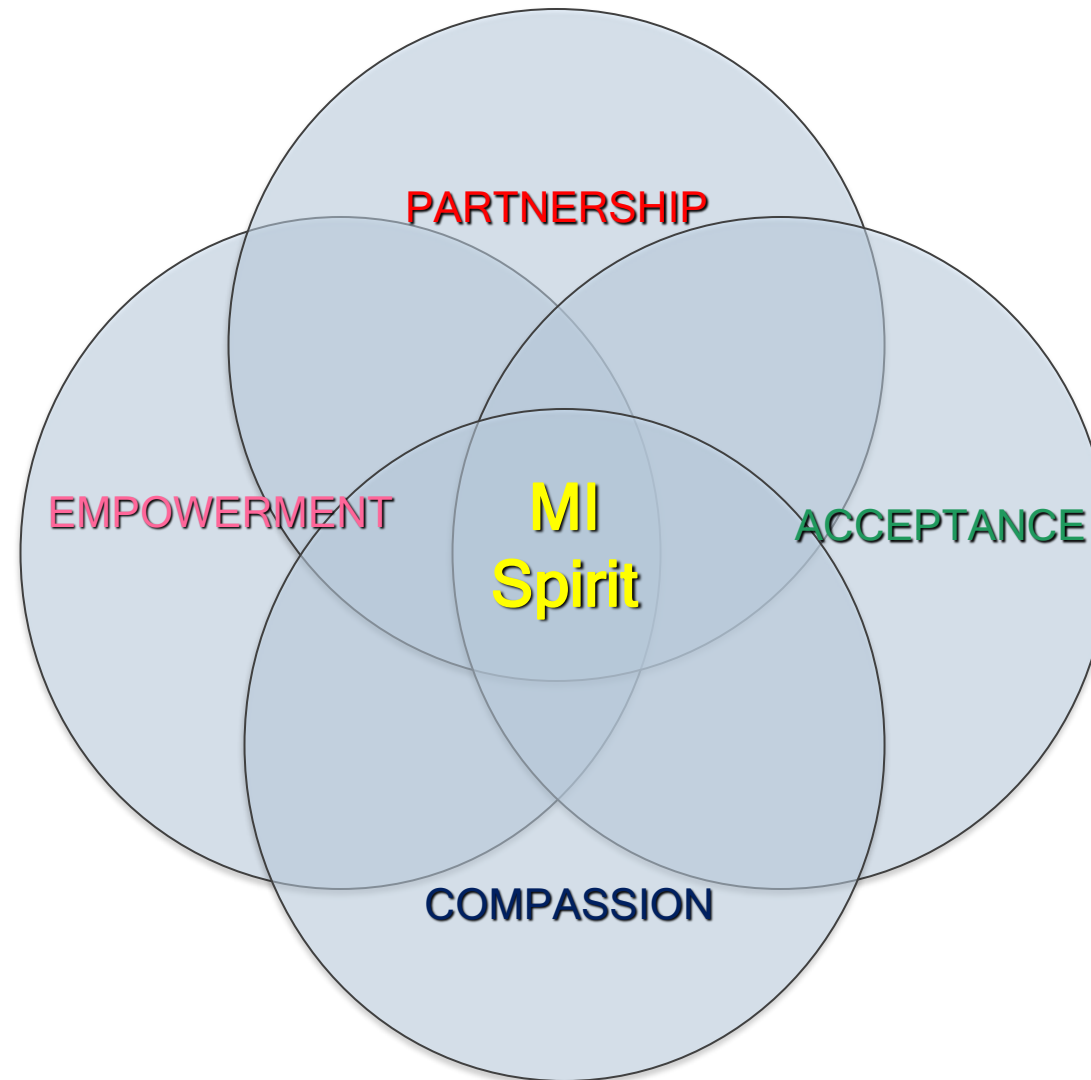
Objectives

- Brief review of Motivational Interviewing (MI)
- MI strategies
- MI with serious mental illness (SMI)
- Q&A

1.

Brief Review

Core Elements of MI Spirit (PACE)



Engaging

- **O**pen Questions
- **A**ffirmations
- **R**eflective Listening
- **S**ummarizing



Change Talk vs. Sustain Talk

- Any person's speech that favors movement in the direction of healthy behavior change
- It is linked to a particular behavior change goal
- The desire, ability, reasons, need, and commitment to changing the target behavior
- Arguing to preserve the status quo
- Natural occurrence that can result in response to exploring reasons for change (ambivalence; it is not resistance)

MI is about arranging conversations so that clients talk themselves into change, based on their own values and interests.

Principles of MI: RULE

R

- Resist the “**righting reflex**.”
- The urge to “fix” the person. Arguing for change can have a paradoxical effect.

U

- Understand the person.
- The person’s reasons for change are most important because these will most likely influence behavior change.

L

- Listen to the person.
- MI involves as much listening as informing.

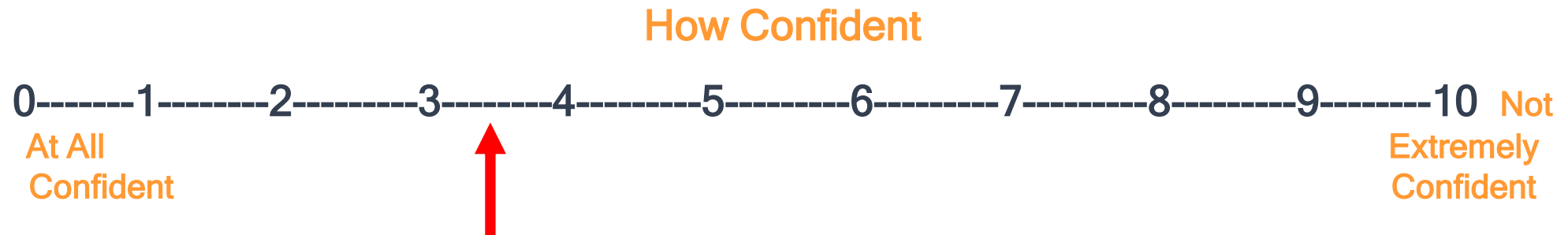
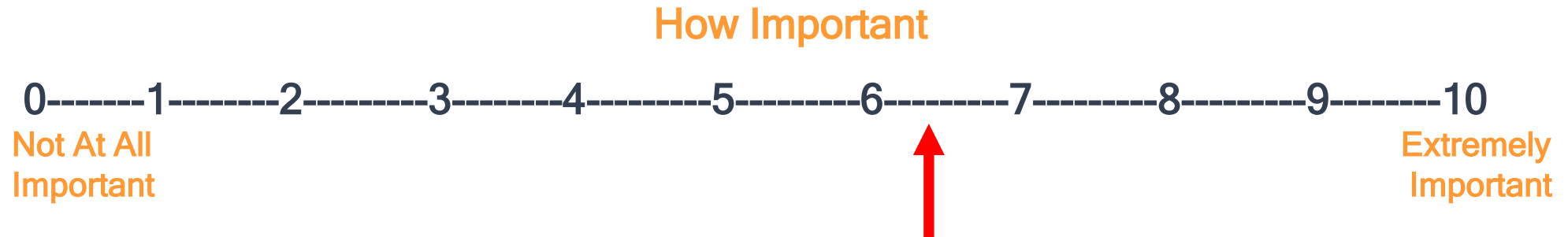
E

- Empower the person.
- Convey hope around the possibility of change and support the person’s choice and autonomy re: change goals.

2.

MI Strategies

Importance & Confidence Ruler (Equals Readiness)



Ruler Technique

Importance: How important is it for you right now to...? On a scale of 0-10, what number would you give yourself?

“What makes it a 6 and not a 4?” or “What would it take for you to go from 6 to 8?”

Confidence: “If you did decide to make this change, how confident are you that you could succeed?” “On a scale of 0-10, what number would you give yourself?”

“What makes it a 3 and not a 1?” or “What would it take for you to go from 3 to 5?”

What Makes This Simple Shift Work?

- If you ask a person to tell you why they are not MORE motivated (i.e., why the number is not HIGHER), they will, in fact, tell you why they are not more motivated (i.e., you're asking for excuses).
- By asking why the number is not LOWER, the person may give you some “seed” of motivation.

Looking Back and Looking Forward



- Looking Forward: Asking the person to envision a changed future:
 - “If you do decide to make a change, what do you hope might be different in the future?”
- Looking Back: Having the client remember times before the problem emerged and to compare these times with the present situation:
 - “Tell me about a time when things were going well for you? What changed?”

Prioritizing/Agenda Mapping

Where would you like to start? / What do you want to focus on?

There are a few things I want to talk about, but I want to hear from you first.

Substance
Use

Depression

Taking Meds

Fight w/
partner

Getting a
job

Spending \$

School

Friends

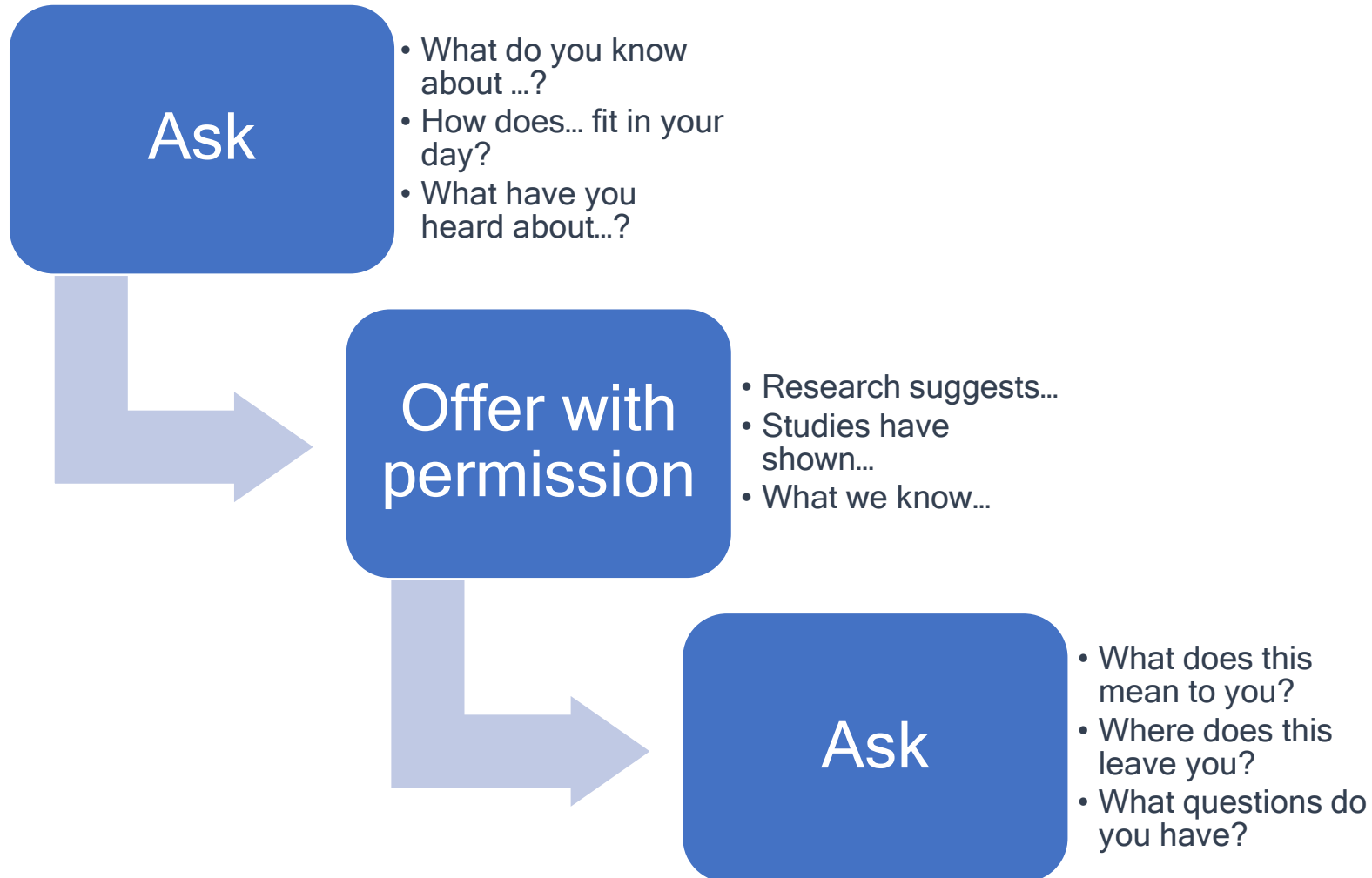
Simpler Decisional Balance

Reasons to
Change



Consequences of
not Changing

Ask-Offer-Ask



3.

MI with SMI

MI with SMI

- Sensitivity and patience
- Simple and straightforward language
- Repetition
- Pace the conversation slowly
- Focus on values and small goals
- Normalize ambivalence and validate experience
- Use of visual aids or written materials

MI with SMI

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Thank you!

Questions?