Motivational Interviewing in practice

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What is motivational interviewing?

- Motivational Interviewing is a collection of techniques and strategies in which you are a guide to help clients identify and resolve ambivalence in daily choices they make.
- NOT prescriptive – DON’T tell the clients what to do.
- Respectful of the autonomy of the person interacting with you.
Where do these strategies come from?

Strategies derived from research and publications by Miller, Rollnick, Sobell, and Rogers – Grandfathers of MI research and development
Why do we use it?

- A decision is never simple. There are always numerous factors that affect why we do what we do.

More control = more power to make the decision = more likely to succeed.
What tools will we discuss today?

- The Change Ruler
- The “Elicit Change Talk Strategy”
- Using your OARS
- The five “A’s”

All of these are referenced in the Sobell article.
What is the intent of today’s talk

- To introduce strategies
- To discuss how they can be applied
- To identify gaps where further resources are needed or whether other interest lies
Strategy 1: The change ruler – to ASSESS the current situation
How to use it to assess:

- Confidence
- Importance
- Value
- Further needs – other uses?
How might you use it for each of these stages of change?

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
Strategy 2: Eliciting Change talk

- Express Empathy
- Develop Discrepancy
  - On one hand.....on the other
- Roll with Resistance –
  - try not to fight back!
  - SUPER HARD TO AVOID!
- Support Self-Efficacy – support and encourage
Strategy 3: Using your OARS

- Ask **OPEN-ENDED** questions
- Provide **AFFIRMATIONS**
- **REFLECT** on what you’ve heard
- **SUMMARIZE**
When you might use this:

- Disappointment with randomization assignment
- Disappointment with execution of intervention
- Uncertainty with continuing with the study
  - Pros/Cons list – always helpful
  - Discussions surrounding initial intention to join the study.
- Other difficult conversations we’ve encountered?
Strategy 5: Use the five A’s

- ASK
- ASSESS
- ADVISE
- ASSIST
- ARRANGE
What is needed?

- Provider resources?
- Webinars?
- Events?
- Others?