Motivational Interviewing (Part 2)

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Motivational Interviewing (part 2)

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Agenda

• 45-60 minutes recorded lecture
  • Treatment adherence and behavior change
  • Review rationale of Motivational Interviewing
  • Counseling skills and interview structure

• 45-60 minutes for discussion
  • Questions
  • Case examples and consultation
Objectives

• Identify the four core interviewing skills and their purpose
• Explain the difference between open and closed questions and rationale for using open-ended questions
• Explain the importance of empathy and use of reflections with patients
• Identify situations in which you might use Motivational Interviewing
What is something that you know you should do but you don’t?
Good supervisor
vs
Bad supervisor
What are health conditions that are impacted by a patient’s behavior?
Treatment adherence and behavior change

• What works about what you do now?

• What *does not* work about what you do now?
Non-adherence

- Lack of knowledge?
  - Education
- Logistical barriers?
  - Problem solving
- Readiness for change?
  - Pre-contemplative
    - Focus on relationship
  - Contemplative
    - Motivational interviewing
  - Determination/Action
    - Problem solving
- Relationship/Trust?
  - Rapport building
Non-adherence

Lack of knowledge?
- Education

Logistical barriers?
- Problem solving

Readiness for change?
- Pre-contemplative
  - Focus on relationship
- Contemplative
- Determination/Action
  - Problem solving

Relationship/Trust?
- Rapport building

Motivational Interviewing
What is Motivational Interviewing?

• A tool to use when education and telling a patient what to do is not working
Stages of Change

- Pre-Contemplation
- Contemplation
- Determination/Preparation
- Action
- Maintenance
Stages of Change

- Pre-Contemplation
- Contemplation
- Determination/Preparation
- Action
- Maintenance

Motivational Interviewing

Education and problem solving
Active ingredients of MI

1. Clinician Expression of Empathy
   • Listening and understanding the patient’s perspective

2. Patient Expression of Change Talk
   • The patient’s own reasons for change
Why should the patient change?  How should the patient change?

What are the patient’s answers to these questions?
Core counseling skills of Motivational Interviewing: OARS

- Open-ended Questions
- Affirmations
- Reflections
- Summaries
Zoom quiz

• Which is an open-ended question?
• Which is an affirmation?
Open-ended questions

• Answer is not a “yes” or a “no”
• Encourages the patient to talk more

• Practice:
  • Have you been taking your medication regularly?
  • Does the medication help?
  • Do you understand what you’re supposed to do next?
  • Have you been getting regular exercise?
  • Have you tried walked for activity?
  • Have you been eating healthier foods?

(Rosengren, 2009)
Open-ended questions

• Examples:
  • How can we/I help you today?
  • Tell me about the time when this problem began.
  • What’s different for you this time?
  • Tell me more about this.
Affirmations

• Statements of appreciation
• Highlighting strengths
• Highlighting progress
• Patient-focused

• Examples:
  • “Thanks for coming today.”
  • “I appreciate that you are willing to talk to me about your substance use.”
  • “That’s a good idea.”
  • “That’s great that you’ve been able to take your medication sometimes.”

(Rosengren, 2009)
Reflective Responses

• Simple Reflection – keep the statement the same
  • Repeat – simply restate what was said again
  • Rephrase – replace one or more words with a synonym
Reflective Responses

• Complex Reflection – change the statement but keep the meaning
  • Amplify – exaggerate, increase the intensity
  • Double-sided reflection – contains both sides of ambivalence
  • Continuing the paragraph – anticipate next statement not yet expressed
  • Metaphor and simile
  • Reflection of feeling – identifying a feeling that might not have been expressed
  • Reframe – suggest a different meaning, shifting from negative to positive
“The review has shown that motivational interviewing can be effective even in brief encounters of only 15 minutes and that more than one encounter with a patient increases the likelihood of effect.”

(Rubak et al., 2005)
Five “A”s

• Ask
  • What is the current pattern of behavior

• Advise
  • What you recommend the patient to do

• Assess
  • Patient’s stage of change
  • Understanding of the problem

• Assist
  • Problem solving
  • Motivational Interviewing

• Arrange
  • Follow up
  • Resources
Readiness Ruler

• Like the pain scale but a measurement of a patient’s stage of change

• “On a scale of 1 to 10, with 1 being not ready and 10 being very ready, how ready are you to change this behavior?”
**Brief Negotiated Interview (BNI) Algorithm**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) <strong>Build Rapport</strong></td>
<td>Tell me about a typical day in your life. Where does your current [X] use fit in?</td>
</tr>
<tr>
<td>2) <strong>Pros &amp; Cons</strong></td>
<td>Help me understand, through your eyes, the good things about using [X]. What are some of the not-so-good things about using [X]? So, on the one hand (PROS), and on the other hand (CONS).</td>
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<tr>
<td>3) <strong>Information &amp; Feedback</strong></td>
<td>I have some information on low-risk guidelines for drinking and drug use, would you mind if I shared them with you? We know that drinking... <em>4 or more (F) / 5 or more (M) drinks in 2 hrs</em> <em>or more than 7 (F) / 14 (M) drinks in a week</em> <em>having a BAC of ___</em> ...and/or use of illicit drugs such as _____. ...can put you at risk for social or legal problems, as well as illness and injury. It can also cause health problems like [insert medical information]. Elicit: What are your thoughts on that?</td>
</tr>
<tr>
<td>4) <strong>Readiness Ruler</strong></td>
<td>This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to change your [X] use? Reinforce positives: You marked ____. That's great. That means you are ___% ready to make a change. Ask about lower #: Why did you choose that number and not a lower one like a 1 or a 2?</td>
</tr>
<tr>
<td>5) <strong>Action Plan</strong></td>
<td>What are some steps/options that will work for you to stay healthy and safe? What will help you to reduce the things you don't like about using [X]? Identify strengths &amp; supports: What supports do you have for making this change? Tell me about a challenge you overcame in the past. How can you use those supports/resources to help you now? Write down steps: Those are great ideas! Is it okay for me to write down your plan, your own prescription for change, to keep with you as a reminder? Will you summarize the steps you'll take to change your [X] use? Offer appropriate resources: I have some additional resources that people sometimes find helpful, would you like to hear about them? <em>Primary Care, Outpatient counseling, Mental Health</em> <em>Suboxone, Methadone clinic, Needle Exchange, AANA, Smoking cessation</em> <em>Shelter, Insurance, Community Programs</em> <em>Handouts and information</em> Thank patient: Thank you for talking with me today.</td>
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## Brief Negotiated Interview (BNI) Algorithm

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### Brief Negotiated Interview

#### 4) READINESS RULER

This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to change your [X] use?

**Reinforce positives**  
You marked _____. That’s great. That means you are ____% ready to make a change.

**Ask about lower #**  
Why did you choose that number and not a lower one like a 1 or a 2?

#### 5) ACTION PLAN

**Identify strengths & supports**  
What supports do you have for making this change?  
Tell me about a challenge you overcame in the past. How can you use those supports/resources to help you now?

**Write down steps**  
Those are great ideas! Is it okay for me to write down your plan, your own prescription for change, to keep with you as a reminder?  
Will you summarize the steps you’ll take to change your [X] use?

**Offer appropriate resources**  
I have some additional resources that people sometimes find helpful; would you like to hear about them?

- Primary Care, Outpatient counseling, Mental Health
- Suboxone, Methadone clinic, Needle Exchange, AA/NA, Smoking cessation
- Shelter, Insurance, Community Programs
- Handouts and information

**Thank patient**  
Thank you for talking with me today.

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5 Principles of MI: DEARS

- Develop Discrepancy
- Express Empathy
- Avoid Argumentation
- Roll with Resistance
- Support Self-Efficacy

(Miller & Rollnick, 2002)
5 Principles of MI: DEARS

- Develop Discrepancy
  - Highlighting the difference between where the patient wants to be and where they are
- Express Empathy
- Avoid Argumentation
- Roll with Resistance
- Support Self-Efficacy

(Miller & Rollnick, 2002)
5 Principles of MI: DEARS

• Develop Discrepancy
• Express Empathy
  • Building trust, ambivalence is to be expected
• Avoid Argumentation
• Roll with Resistance
• Support Self-Efficacy

(Miller & Rollnick, 2002)
5 Principles of MI: DEARS

• Develop Discrepancy
• Express Empathy
• Avoid Argumentation
  • Confrontation is counterproductive, patients reasons for change are more important than ours
• Roll with Resistance
• Support Self-Efficacy

(Miller & Rollnick, 2002)
5 Principles of MI: DEARS

- Develop Discrepancy
- Express Empathy
- Avoid Argumentation
- Roll with Resistance
  - Points of resistance indicate barriers to change, pushing against resistance strengthens it
- Support Self-Efficacy

(Miller & Rollnick, 2002)
5 Principles of MI: DEARS

• Develop Discrepancy
• Express Empathy
• Avoid Argumentation
• Roll with Resistance

• Support Self-Efficacy
  • Hope is essential to change

(Miller & Rollnick, 2002)
Change talk

• The goal is to get patients to say it themselves.

• We are more likely to believe something or engage in an action if we say it ourselves.
Change Talk: DARN-CAT

- Desire
- Ability
- Reasons
- Need
- Commitment
- Activation
- Taking steps
Change Talk: DARN-CAT

• Desire
• Ability
• Reasons
• Need
• Commitment
• Activation
• Taking steps

• I wish things were different.
• I am hoping things will get better.
• I want to stop drinking alcohol.
• I wish I could lose weight.
• I would like to take my medication.
Change Talk: DARN-CAT

- Desire
- **Ability**
- Reasons
- Need
- Commitment
- Activation
- Taking steps

- I know what I have to do – I just need to do it.
- I was able to eat healthier in the past.
- I can exercise sometimes.
- I could reduce my drinking.
- I am able to manage my anger.
Change Talk: DARN-CAT

• Desire
• Ability

• **Reasons**
• Need
• Commitment
• Activation
• Taking steps

• Maybe I would have more energy if I was in better health.
• I want to see my children.
• I would be able to sleep better.
• I would be better able to take care of my family.
Change Talk: DARN-CAT

- Desire
- Ability
- Reasons

**Need**
- Commitment
- Activation
- Taking steps

- I need to take care of my health.
- My blood sugar cannot stay at these levels.
- I must do something about this.
- I cannot keep living like this.
Change Talk: DARN-CAT

- Desire
- Ability
- Reasons
- Need

**Commitment**
- Activation
- Taking steps

- I am going to remember to take my medication this week.
- I promise to keep the appointment.
- I will work on these changes to my diet.
Change Talk: DARN-CAT

• Desire
• Ability
• Reasons
• Need
• Commitment

• Activation
• Taking steps

• I am going to the pharmacy when I leave here to pick up my medication.
• I am going to talk to my family about these changes when I get home.
Change Talk: DARN-CAT

- Desire
- Ability
- Reasons
- Need
- Commitment
- Activation

**Taking steps**

- I took my medication every day this week.
- I talked to my family about my health.
References


