CHRISTIAN SPIRITUAL APPROACHES TO MOTIVATIONAL INTERVIEWING

September 26, 2011

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Workshop Objectives

1. Examine the core theory and principles of Motivational Interviewing (MI)
2. Gain an understanding of the strategies and skills of MI
3. Discover how Jesus modeled and utilized MI skills
4. Learn strategies for integrating Biblical faith with MI
Motivational Interviewing (True or False)

1. Convinces clients to change even if they don’t want to
2. Is relevant for substance abuse but not other issues
3. Is useful for all clients
4. Is something that is used in the place of other skills
5. Can be combined with a confrontational style
Roots of MI

Carl Rogers – person centered
Daryl Bem – self perception
Prochaska/DiClemente – stages of change
William Miller work with substance abuse clients
Stephen Rollnick’s work with ambivalence
Applications of MI

- Substance abuse
- Habitual behaviors
- Depression
- Anxiety
- Adolescent issues
- Medical issues/adherence
- Criminal justice
- Risk reduction
- Etc.
Empirical Status

• Over 200 controlled clinical trials
  Hettema, Steel, and Miller 2005
  Meta-analysis of research on MI and treatment effectiveness
Definition of MI

- “Client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence” (Miller and Rollnick)
- Newly evolving definition: “a collaborative, goal oriented method of communication with particular attention to the language of change. It is intended to strengthen the person’s motivation for and commitment to a target behavior change by eliciting and exploring a person’s own arguments for change.”
Ambivalence

- “I want to change, but don’t want to.”
- Ambivalence is normal!! (Feel two ways about something)
- Examples: changing jobs, eating junk food, security screening at airports, being at this workshop, etc.
- Ambivalence can be resolved by working with intrinsic motivation and values. Will ambivalence (getting off the fence) be resolved by pressure or persuasion, or by the client making the argument for change?
Spirit of Motivational Interviewing

- **Collaboration** – a cooperate partnership that honors the client’s perspective, conducive atmosphere, “meeting of aspirations.”
- **Evocation** – drawing out client’s concerns, wishes, hopes, goals, etc. With the idea that motivation and resources for change reside within the client.
- **Autonomy** – affirms client’s right and capacity for self-direction, client is tasked with the job of arguing for and implementing change.
Opposite polarity of MI

- **Confrontation** – imposing reality on the client that the client can not see or will admit; persuasion, argumentative stance.
- **Education** – counselor is the “expert” and must fill in the gaps of client knowledge; direct advice/prescribing solutions.
- **Authority** – counselor tells the client what he or she must do; client is seen as a passive and obedient recipient; can be coercive.
Principles of Motivational Interviewing

- Express Empathy
- Develop Discrepancy
- Support Self-Efficacy
- Roll With Resistance

- GOAL: Elicit change talk and commitment
What Makes for Change?

- **Willing**: problem recognition, discrepancy, expectations.
- **Able**: confidence, hope.
- **Ready**: intention, let’s do it!

- Go to WAR on your problems!
Change Talk

DARN
- Desire (I want to)
- Ability (I can)
- Reasons (I should because)
- Need (I must because)

CAT
- Commitment
- Activation
- Taking Steps
Stages of Change (Prochaska/DiClemente)

- **Precontemplation**: not yet considering change or unwilling/unable to change; reluctant, rebellious, rationalizing, resigned (4 R’s)
- **Contemplation**: acknowledges concerns, but ambivalent and uncertain
- **Preparation**: committed to and planning to make a change
- **Action**: operationalizing and modifying plans
- **Maintenance**: sustaining changes, consolidating gains

Stages are fluid, can go backwards or forwards!
Precontemplative

Contemplation

Preparation

Action

Maintenance
Avoiding MI Traps

A. Question-Answer Trap: using too many closed questions
B. Taking Sides Trap: telling client’s what’s wrong, what must do
C. Expert Trap: giving all the answers, power differential
D. Labeling Trap: labeling or forcing diagnosis, stigmatizing
E. Premature Focus Trap: trying to hard to hone in on the problem

Avoid “being right” at the expense of the therapy relationship
Recognizing Resistance

Resistance is a sign that the client has a different view that you!

- Arguing: (challenging, discounting, hostility)
- Interrupting: (talking over, cutting off)
- Negating: (blame, excuse, minimize, deny)
- Ignoring: (inattention, non-response, side-tracking)
- Behaviors: (not following through, missing sessions)
Responding to Resistance

- Simple Reflection – mirroring back client statements
- Amplified Reflection – exaggerated reflection
- Double-sided Reflection – reflecting both ways of thinking/feeling
- Shifting Focus – shift attention to common ground
- Reframing – invites a new perspective
- Agree with a Twist – offer initial agreement with change or direction
- Emphasize Choice – remind client that only he can change

Resistance is an opportunity!
Respond to resistance with non-resistance!
Core MI Skills (OARS)

- Open-ended questions
- Affirmation
- Reflective listening
- Summarizing
Change Talk (EARS)

Listen, respond, reinforce

- Elaborating
- Affirming
- Reflecting
- Summarizing

Recognize readiness to change!
Other Important Strategies

- Decisional Balance
- Developing Discrepancy
- Importance/confidence Rulers
- Values Card Sort
- Use Extremes
- Looking Back and Forth

Continue to support client’s choice to change!
Brief Change Talk Quiz

1) This new diet is just too hard, I can’t figure it out.
2) I used to swim every week and it was okay.
3) I know I shouldn’t yell at my wife.
4) I need to cut down on my drinking, but I don’t need to stop.
5) Sometimes I cheat on my diet, so I know I haven’t lost as much weight as I’d like to.
6) I like drinking, but I hate the hangovers.
Recognize Readiness For Action

- Decreased resistance
- Fewer statements about problem, more about change
- Self-motivational statements
- Envisioning and/or experimenting with change
- Spontaneous change talk
Negotiating A Change Plan

• **Goals**: (changes I want to make)
• **Reasons**: (most important reasons)
• **Steps/Strategies**: (specific who, what, when, where, how)
• **Obstacles**: (what could interfere, how I will handle)
• **Signs of Progress**: (how will know plan is working)
• **Support**: (people that can encourage/help me)
Maintenance of Changes

- Continue to support resolve and self-efficacy
- Maintain supportive interaction
- Assist the client to practice new skill/plan; review status
- Know the first sign or regression, have plan in place
- **ALWAYS** keep collaborative stance!
Biblical Theology And MI

- **Collaboration**: Hebrews 10:24-25; Ecclesiastes 4:9-12; Acts 8:26-38; Jesus modeled in feeding the 5,000 and in Mark 6:7, Luke 10:1; Paul's instruction to “collaborate” with God in Philippians 2:12-13

- **Evocation**: Jesus “evoked” thoughts in Luke 24:17-24, 31-35; also “evoked” Peter’s thoughts about himself in Matthew 16:15
Biblical Theory (Continued)

- **Autonomy**: The Fall! Genesis 3:6; Rich Young Ruler and others “self-directed” away from Jesus in Matthew 19:16-22, John 6:66; 1 Thess. 4, and Acts 24:16 are examples.
  1 Corinthians 2:11: “No one knows…but the person himself”

- **Express Empathy**: Jesus often expressed “compassion” (empathy), as in Mark 1:41; Luke 7:13-16; Feedings of the 4,000/5,000
Biblical Theory (Continued)

- **Develop Discrepancy**: Jesus recognized that a person’s experience was “different” than what they wanted, as in Mark 5:34; John 4:11. Also Rich Young Ruler (Matthew 19:20); Paul was aware of his own discrepancy in Romans 7:15-21

- **Self-efficacy**: Blind men followed Him (Matt. 20:34); Leper disobeyed Him (Mark 1:45); Samaritan leper thanked Him (Luke 17:16-18); Woman at the Well spoke of Him (John 4:29); Paul chose to “forget” and “press on” in Philippians 3:13-14

- **Roll with Resistance**: Jesus did not force Himself upon anyone as found in John 6:60 and Matthew 19:16-24
Jesus Using MI Skills

1. **Parable of the Sower**: Matthew 13:18-23, Jesus talks about ambivalence and the stages of change.

2. **Zacchaeus**: Luke 19:1-10, moved from Contemplation to Preparation to Action, Jesus recognized it ("come down...stay at your house")

3. **Woman at the Well**: John 4, Jesus develops discrepancy ("living water versus temporary water"), she asks for an "action plan" (verse 15)
Jesus Constantly Asked Open-Ended Questions

• Examples
  ▫ Mark 10:51, John 1:38; and asked Peter several times, “Who do you say I am?”

• He recognized readiness to change

• We can ask these types of questions too:
  How might God (Jesus, Holy Spirit, Lord) be encouraging you to change right now? How might your goal be consistent with your faith? How do you this change pleasing God?
Overall MI Goals For Social Workers

- Decrease resistance, increase change talk
- Talk less than your client does
- Ask mostly open-ended questions
- Don’t ask three questions in a row
- Use complex reflections (paraphrase and summarize)
Sources

4. www.motivationalinterviewing.org