

# EPI SET - Motivational Interviewing

December 18th, 2020

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# Objectives:

1. Review the core concepts and skills of Motivational Interviewing.
2. Explore how motivational interviewing is used in NAVIGATE/IRT through examples from clinical practice.

# Motivational Interviewing

1. Assumes that people are ambivalent about change- and must work towards their own decision concerning the change
2. The aim is to produce an internal drive to change, using non-confrontational techniques
3. Elicit from the client both:
  - Evidence of negative consequences of the behaviour
  - Advantages of changing that behaviour

## Ambivalence in EPI clients?

As clinicians' what are the changes/behaviours that we want our client's to do, that they might be ambivalent in?

- Engaging with our service
- Engaging in IRT
- Taking medication
- Following up on goals
- Changing their substance use (Cutting down/abstinence)
- Engaging in paid/unpaid work, school
- Involving their families in their care

# Four Processes of Motivational Interviewing

1. Engaging – therapeutic engagement
2. Focusing – focusing on an agenda (or maybe a behavior) through the process of engaging that will guide the agenda
3. Evoking – eliciting from the client their intrinsic reason for change (guiding the client to voice the reason for change)
4. Planning – developing and committing to making a change



# Early Motivational Skills & Strategies

## OARS

- Open-ended questions
- Affirmation
- Reflections
- Summarize



## Open-Ended Questions

- Questions that cannot be answered briefly or with “yes/no” response
- Some guidelines
  - Ask less questions ...
  - Can help elaborate on a point: how do you feel about ...

## Affirmations

- Statements that recognize clients strengths
- Comment on something good about the person
  - Help build rapport with client
  - Allows client to see themselves in a positive way
- Some guidelines
  - Be honest and specific
  - Avoid cheerleading type of comments
  - Affirm things that can be related to targets for behaviour change or self-efficacy

# Reflections (Reflective Listening)

- A statement that shows you understands another's meaning
- A process that checks the listener's perceived meaning against the speaker's meaning
- You generate a hypotheses to another's meaning and see the result
- Some guidelines ...
  - A key skill used in MI
    - Helps show empathy
    - Help guide client towards change
  - Good opening phrases:
    - "It sounds like you"
    - "So you"



# Summarizing

- Essentially reflections that collect what a person has been saying
- Can be used at the end of a session
- Shows a client that you have been listening and remembering what they have been saying
- Planning phase – draw together person's motivations, intentions, and specific plan for change

# Change Talk

- Change talk – the person’s own statements that favour change
- Motivational Interviewing is consciously directive
  - We guide clients toward their goals by eliciting, reinforcing and strengthening change talk, while limiting and deemphasizing sustain talk
- Preparatory change talk (desire, ability, reason, and need) vs. mobilizing change talk (commitment, activation, and taking steps)

# Change Talk – DARN CAT

## D

esire

- is expressed as wanting a change
- I want..., I would like to..., I wish..., I hope...etc.

## A

bility

- Important part of change, as it represents a person's perception of being able to achieve their goal
- I can..., I am able to..., I could...

## R

eason

- Reasons to change are not generally sufficient for change, as the person also requires the desire/ability

## N

eed

- Stresses the importance or urgency of change
- Ex. I need to..., I have to..., I've got to...

# Mobilizing Change Talk

Mobilizing change talk signals movement toward resolution of the ambivalence in favor of change

**C**ommitment – signals the likelihood of action

- Ex. I promise..., I will..., I swear...

**A**ctivation – indicates movement towards action, yet aren't quite a commitment

- I am willing to..., I am ready to..., I am prepared to...

**T**aking Steps – statements indicating that the person has already done something in the direction of change

## Case Scenario – Trevor

- 21 year old male
- Dx - Unspecified schizophrenia spectrum or other psychotic disorder
- Referred to SCEI just under a year
- First episode –
  - Dropped out of university,
  - increased isolation, had beliefs he's parents were against him and became violent ,
  - 1 month inpatient admission
  - Positive symptoms stabilized
- Employed in part-time in job in a café (assisted from SEE worker)
- Has restarted smoking cannabis over the summer (was abstinent for several months following admission), and more recently has been drinking alone in his home after work (brought up in a recent family meeting) .
- Engagement - 5/10 - ? Poverty of thought, needs lots or reminders to attend, generally doesn't elaborate a lot on questions.

# MI in action within IRT – Engaging/Focusing/Evoking

<p><b><u>“PROS” of using substances</u></b></p> <p>List all the advantages of continuing to use drugs or alcohol. Consider advantages such as: hanging out with friends, feeling good, feeling “normal,” escaping, coping with symptoms, fighting boredom, having something to look forward to, and any other that important reason.</p>	<p><b><u>“CONS” of using substances</u></b></p> <p>List all the disadvantages you can think of related to using drugs or alcohol. Consider disadvantages such as: worse symptoms, return of symptoms, conflict with your family, difficulty at school or work, money problems, health problems, interference with achieving your goals, or any other possible problems.</p>
I like getting high	Problems in work/school
Makes feel good in the moment	Brings up issues with my family
Gives me something to do alone and with friends	I spend too much money on it.
Helps me cope with boredom	Can make me sick if I use too much

# MI in action – Evoking

<p><b><u>PRO'S of NOT Using Substances</u></b>            List all the advantages of NOT using substances or cutting down.            Consider how not using could help you achieve your personal goals. Review your list of CONS of using substances in order to identify some PROS of not using.</p>	<p><b><u>CON'S of Not Using Substances</u></b>            List what you think you might have to give up if you stop using substances.            Consider what might be hard about cutting down or stopping your use.            Review your list of PROS of using substances in order to identify some CONS of not using.</p>
- I'd have a clear head	- I might have withdrawals
- Less conflict with my family	- I think I would miss it, the feeling.
- More focus at work and school	
- I'd save more money	
- Won't experience the negative health effects	

## MI in action – Planning

### **What is your personal goal?**

– I want to continue with smoking weed and drinking alcohol in moderation. Limiting it to special occasions, and weekends.

### **What step are you currently working on towards that goal?**

- Trying to start to limit it to those days.
- Avoid walking past the places where I usually buy alcohol or weed.
- Keep myself occupied, listen to music, read book (go to the library)
- ‘I don’t need it today’,



**Thank You**

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