PSYCHOLOGY --in PUB --in

Motivational Interviewing: Conversations for a change

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Wednesday 11 September 2019



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Manchester Motivational Interviewing Network



www.mmin.co.uk



AIMS



- Introduce MI and its core elements
- Understood 'spirit' of MI
- To provide a taste of core elements of MI
- Support you in thinking about whether MI might be for you and how it might apply to your work

A SMALL TASK FOR YOU

• Think of a behaviour or personal attribute you are thinking of changing but haven't changed yet.

- Nothing too personal. Not your deepest darkest secret
- Something you are prepared to discuss



STARTING WITH YOU

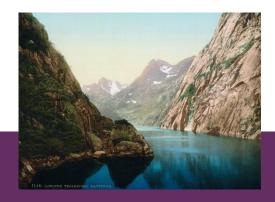
Motivational Interviewing (MI)

- Who's heard of it?
- Who's tried it?
- How much do you use it?
- A brief overview ?
- A taste of MI?
- Can we learn MI in 45 mins?



HISTORY OF MI

- Emerged initially from William Miller's interactions with Norwegian psychologists specialising in alcohol problems
- First appearance of MI within academic literature in 1983
- Miller then collaborated with Stephen Rollnick to produce Motivational Interview: Preparing People to Change Addictive Behaviour







DEFINITION

"Motivational interviewing is a person-centred counselling style for addressing the common problem of ambivalence about change"

Miller & Rollnick (2013)

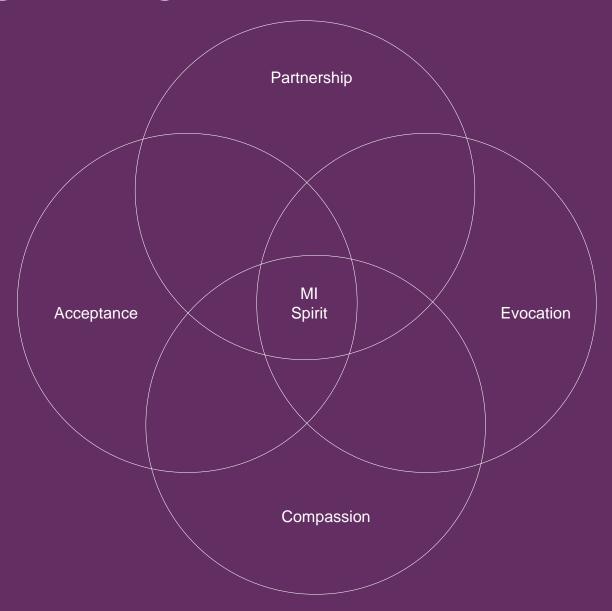
OR...

"a way of talking to people without pissing them off"

Henck Van Bilsen (2006)



THE SPIRIT OF MI



AMBIVALENCE



SKILLS OF MI - OARS

- Open-ended questions
- Affirmations
- Reflections
- Summaries





Change talk

(statements by the client revealing consideration of, or motivation for change)

EXERCISE: PERSUADE, WHEN IT'S NOT MI?

- Get into small groups e.g. threes
- An observer, worker and client
- The client
 - someone from your practice
 - changing a behaviour (e.g. a person with asthma who needs to stop smoking)
 - ambivalent and a little resistant to change

WORKER

- Explain why s/he should make this change
- Give 3 specific benefits of making the change
- Tell him/her how to address their problem and how to change
- Emphasise the *importance* of the change

Tell the client to do it!

OBSERVER

- Observe the reaction of the client
- Notice the non-verbal communication
- Notice sustain or change talk

ELICITING CHANGE TALK: THE SHORT PATH TO MI

- Remain in your groups
- Speaker, Worker 1, Worker 2
- Change roles from last time

SPEAKER ROLE – REAL PLAY

- Talk about something real that you:
 - Want to change
 - Need to change
 - Should change
 - Have been thinking about changing
- But, haven't yet changed.
- Not your deepest, darkest secret!

WORKER 1 ROLE – REAL PLAY

• Listen carefully - <u>give no advice</u> the goal to understand the dilemma

- Ask these four questions:
 - Why would you want to make this change?
 - How might you go about it, in order to succeed?
 - What are the three best reasons to do it?
 - On a scale of 1-10, how important would you say it is to make this change? And why are you a ____ and not zero?

WORKER 2 ROLE – REAL PLAY

Listen carefully to the client for their motivations to change

Because... there will be a test!



WORKER 2: TEST ANSWER

- 1. Give a short summary / reflection of what you heard, of the person's motivations for change
- 2. Affirm them for a quality or strength
- 3. Then ask, "So what do you think you'll do?"

4.and just listen with interest

WHAT DID YOU MAKE OF THAT?



SUMMARY

- Motivational interviewing:
 - works in a variety of settings with a variety of behaviours
 - It can be blended with existing practice by a range of practitioners
 - May well lead to better outcomes for patients / clients
 - May improve practitioner wellbeing
- You can get better at it over time the same way you can with any complex skill
- You've been great! Thanks!



QUESTIONS

