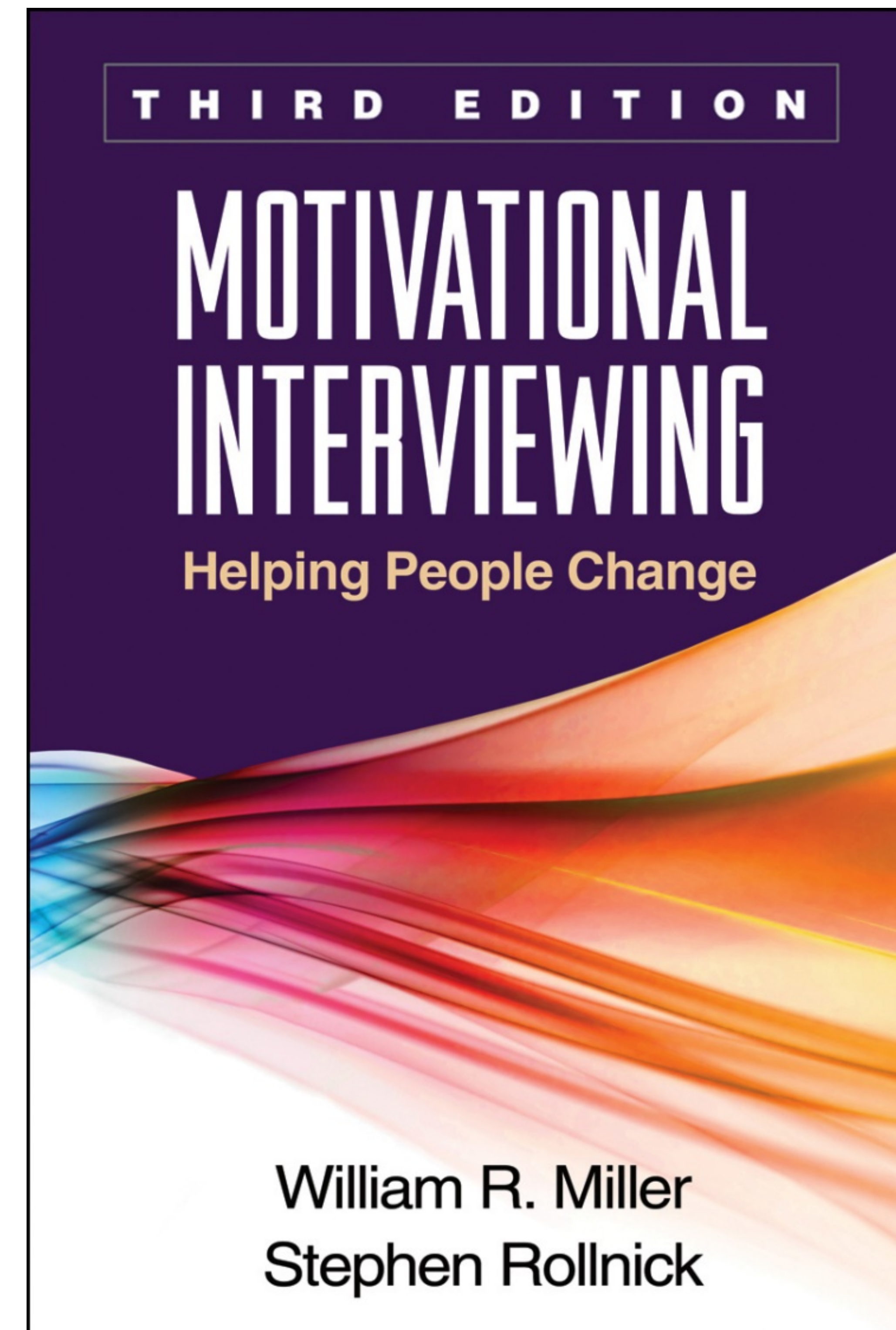


Engaging Adolescents in Treatment: Motivational Interviewing

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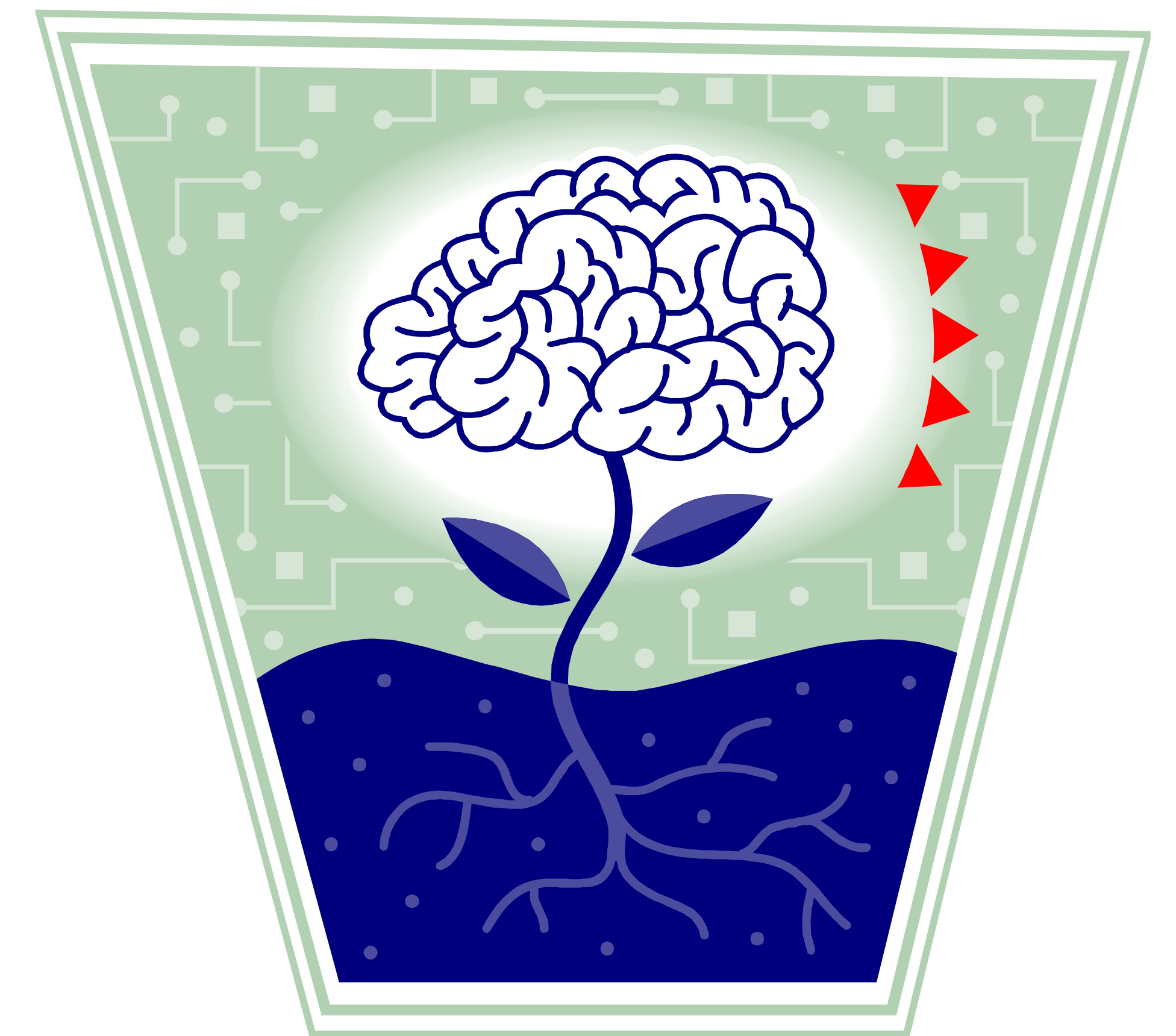
Motivational Interviewing

***Motivational Interviewing:
Helping People Change:
Third Edition (2013) by
William Miller & Stephen
Rollnick.***



Development of MI

- First conceptualized in 1982 in substance use treatment
- Designed to help move individuals towards finding motivation to make positive decision and accomplished established goals



Orange = relational

Green = strategic

“Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”

↪ Miller & Rollnick, 2013

Spirit of MI



Partnership

Compassion

Acceptance

Evocation



Example of What MI is Not

- Find out what the client/patient is thinking about changing and:
 1. Explain why the person should make this change,
 2. Give 2 specific benefits for the making the change,
 3. Tell the person how they should change, and
 4. Emphasize how important it is to change.If you meet resistance, persuade.

**NOTE: This is NOT
Motivational
Interviewing.**

What happens when we tell people why and how they should change?

COMMON REACTIONS TO RIGHTING REFLEX	
Angry	Afraid
Agitated	Helpless
Overwhelmed	Oppositional
Ashamed	Trapped
Defensive	Disengaged
Justifying	Uncomfortable
Ignored	Not understood
Discounting of ideas	Unlikely to come back

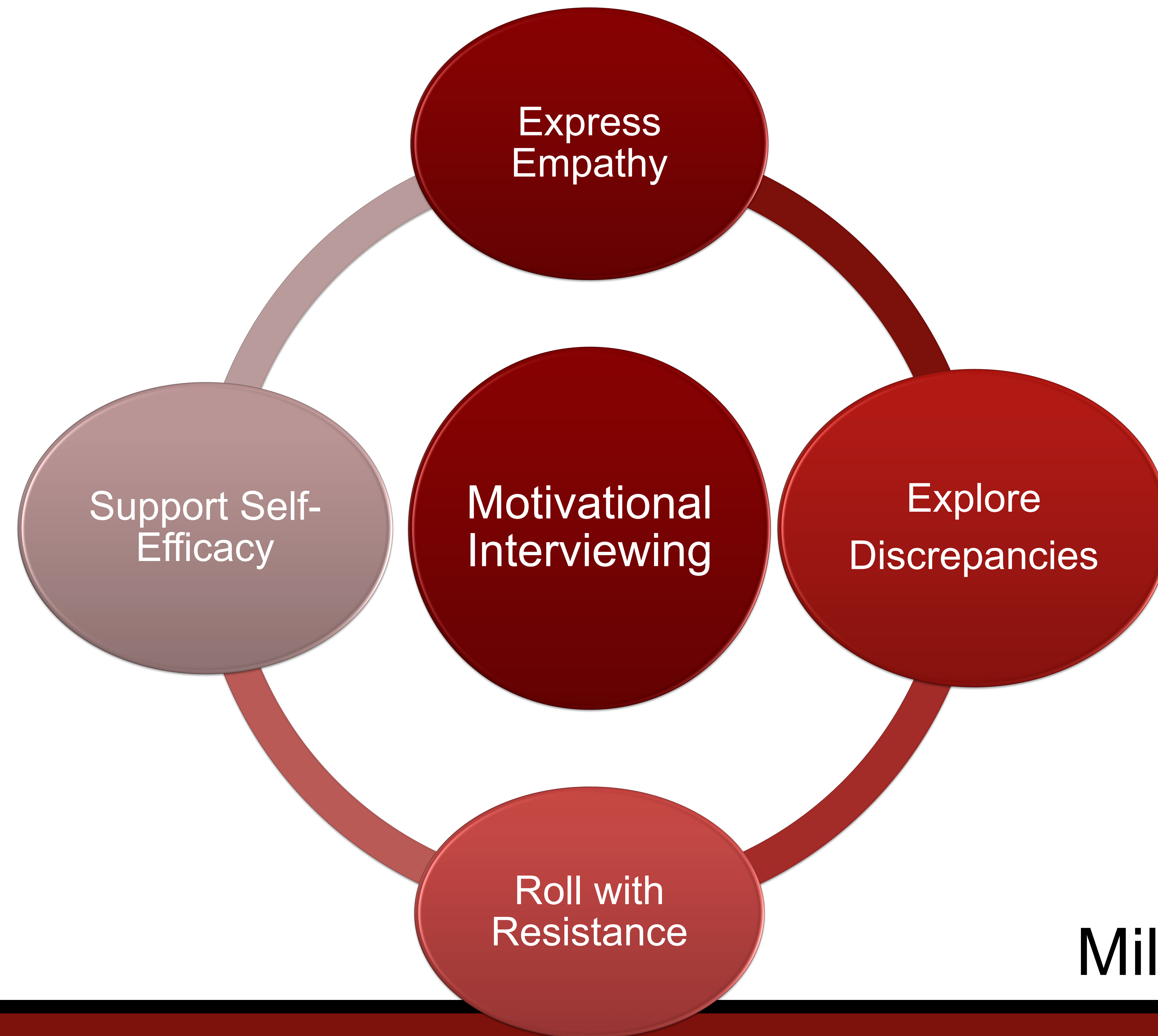
Example of what MI is

- Goal: Listen with interest; give no advice:
 - “What have you been thinking about changing?”
 - “What are the 3 best reasons to do it?”
 - “On a scale from 0-10, how important is it for you to change?”
 - “Why are you ____, and not a 0?”
 - “How would you make this change?”
 - “What do you think you’ll do?”

When We Use MI...

COMMON REACTIONS TO FEELING HEARD	
Understood	Engaged
Want to talk more	Able to change
Like the counselor	Safe
Open	Empowered
Accepted	Hopeful
Respected	Comfortable
Interested	Cooperative
Confident	Likely to return

Goals in MI



Miller & Rollnick, 2002

Four Processes

PLANNING

EVOKING – CHANGE TALK

FOCUSING - GOALS

ENGAGING - COLLABORATIVE

Core Skills in MI: OARS



Core Skills

Open-ended questions

Affirmations

Reflections

Summaries

OARS: Open Ended-Questions

- Require more than a simple yes/no response
- Allow the client to set the agenda
- Usually start with words like:
 - "How..."
 - "What..."
 - "Tell me about..."
 - "Describe..."

OARS: Affirmations

- Specific
- Genuine
- Change-oriented
- Meaningful to the client
- Relevant
- Related to the client's strengths, skills, abilities, or values
- More like a fact than an opinion
- Help build client's sense of power and belief in own ability to change

OARS: Reflections

OARS: Reflections

- Statement, not a question
- Ends with a downturn – build a connection
- Hypothesis testing
 - “If I understand, you mean that...”
- Affirms and validates
- Keeps the client thinking and talking
- As you improve, you can use fewer words.



Types of Reflections

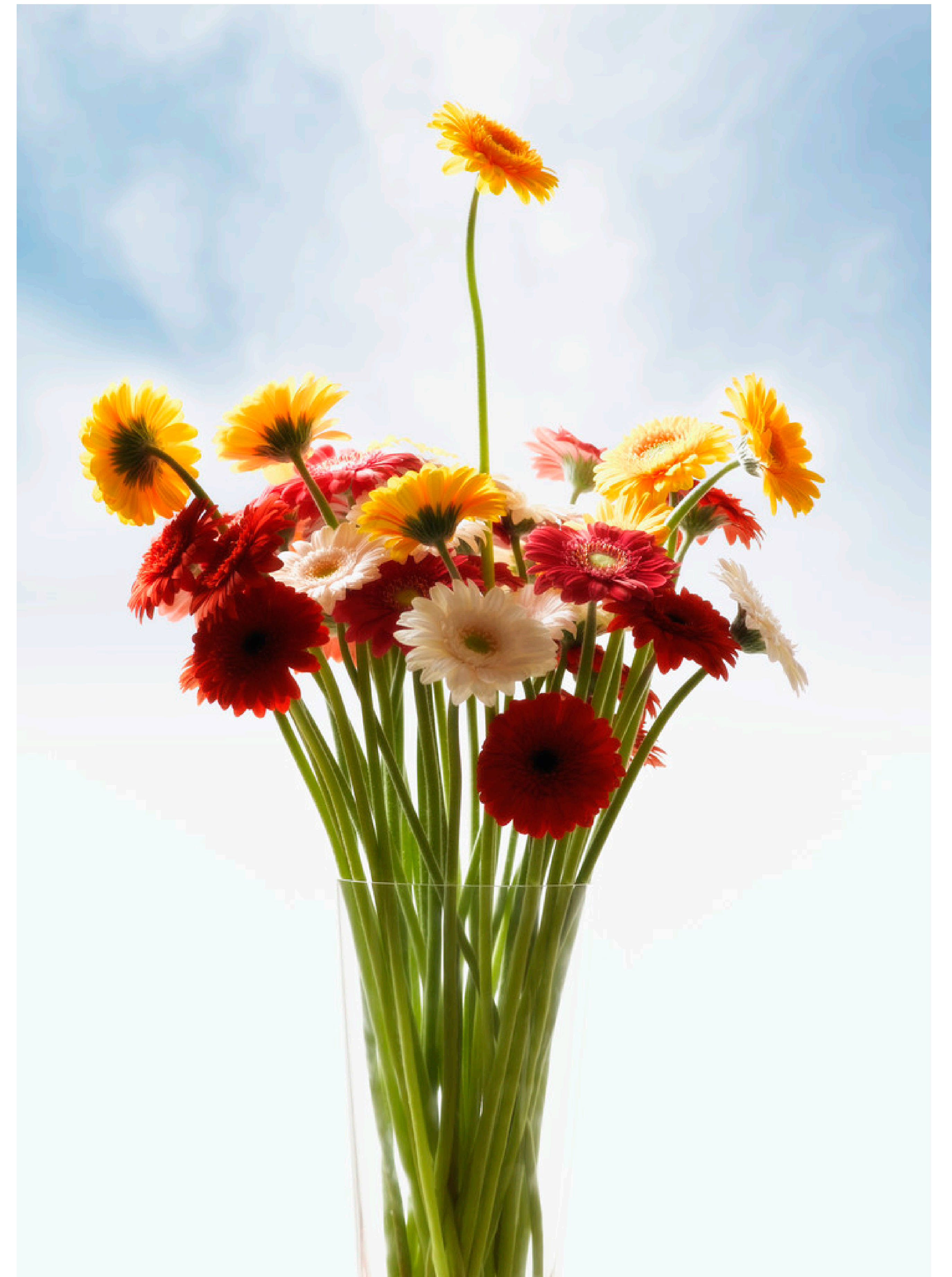
- **Simple:** Stays close to what the person said
- **Complex:** Continues the paragraph and goes well beyond what the person has said
 - Creates movement
 - Highlights emotions or values
 - Seeks a deeper context for the change
- **Amplified:** Pushes on absolutes
 - “There’s ***NO*** reason to quit smoking.”

Types of Reflections

- **Double-sided:** Highlights ambivalence
“On one hand, weed has helped to reduce your anxiety, and on the other, it’s harder for you to remember things, which is creating more stress.”
- **Metaphor:** Shortcut to meaning
A way to tell a story very briefly
It is a comparison
May be a complex reflection or a summary
“You’re learning to let things roll off your back, just like water rolls off a duck’s back.”

OARS: Summaries

- Organize the client's experience
- Reflect and highlight Change Talk
- Set up for a key question
- Finish topics before moving on



Core Skills in MI: OARS



Core Skills

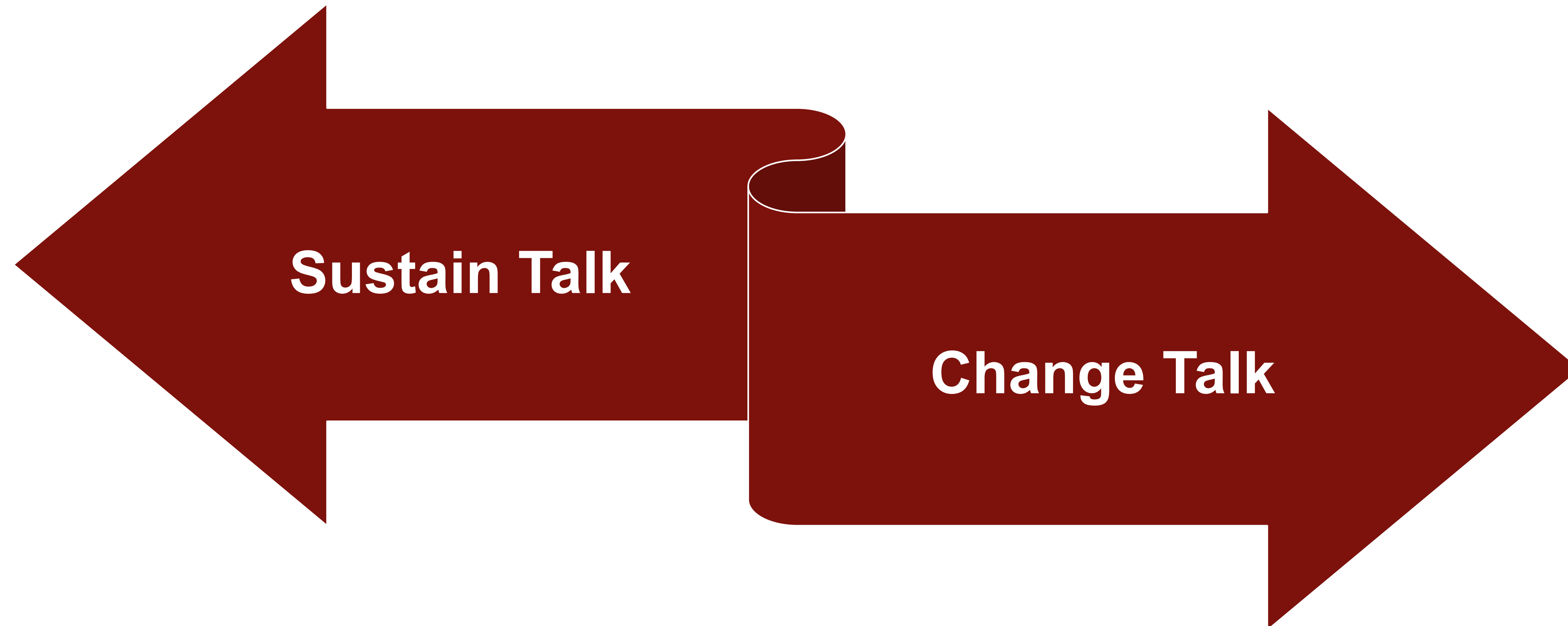
Open-ended questions

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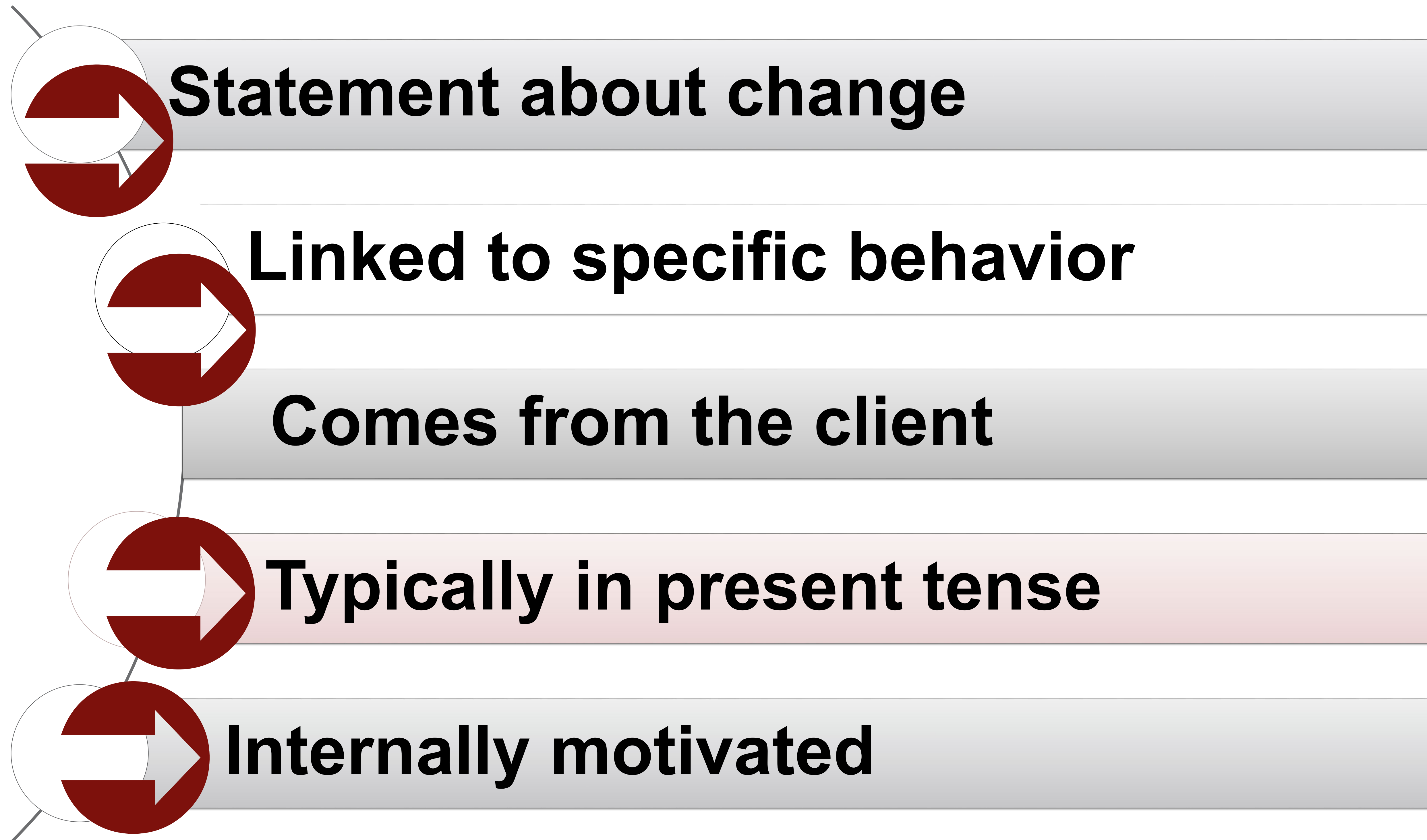
Summaries

Ambivalence about change is natural.



Change Talk = statements related to desire, ability, or need to change.

Characteristics of Change Talk



Four Processes of MI

PLANNING

EVOKING – CHANGE TALK

FOCUSING - GOALS

ENGAGING - COLLABORATIVE