MOTIVATIONAL INTERVIEWING IN THE CONTEXT OF BRAIN INJURY

Toronto ABI Network Conference
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Getting our ball rolling…

• Participation guidelines
• Three brief videos
  http://youtu.be/lRYJzwvT0WA
  http://youtu.be/Ow0lr63y4Mw?t=1m55s
  http://youtu.be/Cbk980jV7Ao
• A quick exercise to help us finalize our agenda
My MI Knowledge

(Where am I with MI?)

scale 1 - 10
Overview

• MI-3 highlights
• Small group exercises based on key concepts
• Role play or
• Interactive discussion re: challenges & how MI could help
• Next steps?
Technical definition:

MI is a collaborative, goal-oriented style of communication with a 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)
Considerations with ABI

- MI is different with people living with ABI because both cognitive impairment and living with a disability affect the individual’s awareness, motivations, decisions, and goals.

- You will not follow the person living with brain injury wherever he or she wants to go, but rather you will act as a guide to him or her in the goal of maximizing potential.

Lemsky, adapted from Naar-King & Suarez, 2011.
MI with ABI (cont’d)

• Less aware and more concrete-thinking clients benefit from conversations about short-term and concrete changes; longer-term goals and values can be built in if/when awareness improves.

• Understanding the complexity of forming a post-injury identity will help you express accurate empathy.

Lemsky, 2014.
What drew you to doing this work in the first place?

OUR “CALLING”
The Righting Reflex

• “The human tendency to correct things that are perceived as wrong.”

• This tendency often leads to premature problem solving and advice-giving, presenting a barrier to a person being actively involved and engendering rebellion.
Related ABI literature concept

“Fundamental Attribution Error” (FAE)

• “...is the tendency to attribute another’s unpleasant behavior to an internal disposition and to view that behavior as under the person’s control.”

• FAE widespread in treatment settings where “difficult” behavior is encountered.

Giles and Manchester (2006).
Reigning in our Righting Reflex (RR) Part 1

Exercise at your tables:

- Discuss how you know the RR is present. This can include feelings, thoughts, bodily sensations (i.e. shoulders in ears, blushing), etc…

- Each group assigns spokesperson to report back a summary to large group
Reigning in our Righting Reflex Part 2

• Help each other generate personal prescriptions for the RR - namely, generating as many strategies as possible for resisting the RR.

(For instance, “When I feel my shoulders in my ears, I will take three deep breaths and refocus on listening.”)
R-U-L-E

• R: Resist the Righting Reflex
• U: Understand your client’s motivations
• L: Listen to your client
• E: Empower your client

- Rollnick, Miller, & Butler, 2008
MI Spirit...

- Partnership
- Acceptance
  - Absolute worth
  - Accurate empathy
  - Autonomy support
  - Affirmation
- Compassion
- Evocation
The Spirit of MI

- **Partnership**
  - honours the client’s experience and perspective (formerly “collaboration”)

- **Acceptance**
  - Encompasses absolute worth, accurate empathy, affirmation and autonomy

- **Compassion**
  - Acting “benevolently to promote the client’s welfare, giving priority to the client’s needs.” (Miller & Rollnick, 2013)

- **Evocation vs. education**
  - Resources and motivation are presumed to be within the client
MI Spirit with ABI

Autonomy:

- Therapist’s job is not to take responsibility for change but to support and guide while seeking to elicit the client’s own ideas for change even within a constrained environment.

- Being supportive of autonomy within limits set by the current setting by emphasizing personal choice.

Lemsky, 2014
Collaboration (a delicate balance):

- Appreciating that behaviour change will not happen in the absence of a partnership with the client (in the context of collaboration with decision-makers on the goals)

- Being honest (with yourself and the client) about your role in promoting both autonomous decision-making and positive behaviour change in order to maximize the person’s potential.

Lemsky, 2014
Evocation:

• Drawing out intrinsic motivation – “the engagement in behaviours for personal interest as opposed to external consequences.”

• Transforming external demands into personal values or goals.

Lemsky, 2014
Spirit to practice

- Roll with Resistance
  - “Stop, drop and roll”
  - Pausing to consider situation; Drop your current approach and do something different; express understanding of client’s point of view and emphasize personal choice

Naar-King and Suarez (2011)
Meeting at the bottom of the stairs
(4 Foundational Processes)

Planning
Evoking
Focusing
Engaging

Miller & Rollnick, 2013.
The processes are somewhat linear . . .

- Engaging necessarily comes first
- Focusing (identifying a change goal) is a prerequisite for Evoking
- Planning is logically a later step

Engage => Focus => Evoke => Plan

Miller, 2012
and yet also recursive

- Engaging skills (and re-engaging) continue throughout MI
- Focusing is not a one-time event; refocusing is needed, and focus may change
- Evoking can begin very early
- “Testing the water” on planning may indicate a need for more of the above

Miller, 2012
Getting Moving:
OARS
OPEN Questions
AFFIRM
REFLECT
SUMMARIZE
Additional early skill

Informing and advising:

• Appropriate circumstance: when client asks for info/advice

• Differences from more directive styles:
  - info/advice offered *with permission*
  - not just data dump; accompanied by support in reaching own conclusions about relevance *(Elicit-Provide-Elicit)*

Miller & Rollnick, 2013.
Change Talk:

What we’re ultimately fishing for
Conversational Gold: “Change Talk”

• Change talk is client speech that favors movement in the direction of change
• Previously called “self-motivational statements”
Preparatory Change Talk
Four Kinds

DARN

• DESIRE to change (want, like, wish . . )
• ABILITY to change (can, could . . )
• REASONS to change (if . . then)
• NEED to change (need, have to, got to . . )
Mobilizing Change Talk
reflects resolution of ambivalence

CAT

• COMMITMENT (intention, decision)
• ACTIVATION (ready, prepared, willing)
• TAKING STEPS
The flip side of the coin...

- “Sustain Talk” and “Discord”
- Formerly known as “Resistance” (focuses on client pathology)
Sustain Talk

- Desire for status quo
- Inability to change
- Reasons for sustaining status quo
- Need for status quo
- Commitment to status quo
Discord

- Behavior
- Interpersonal (It takes two to resist)
- A signal of relationship deterioration
- Highly responsive to helper style
Sustain Talk & Discord

- Both are predictive of non-change
- How we respond to sustain talk can cause discord!
Another small group exercise?

• Getting a sense of what an MI interview might feel like
Final activity

- Role play or
- Interactive discussion about MI and how it could help with perennial challenges in your settings.
Further curiosities?

Feel free to contact at Tim:
416-535-8501, Ext. 36691.
Select MI ABI citations


Good websites

- [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org)
- [ww.subi.ca](http://ww.subi.ca)