Motivational Interviewing

Raime Thibodeaux, M.A., LPC-S, NCC

Director of Student Health & Development

McNeese State University
About

- About me: I am not an expert in this.
- About where I work: Lake Charles
How students arrive:

- Received disciplinary sanctions for alcohol/drug violation

OR

- Voluntary
I DON'T SEE A LOT OF ALCOHOL ISSUES,

BUT WHEN I DO, I USE MOTIVATIONAL INTERVIEWING
Motivational Interviewing

- A form of collaborative conversation for strengthening a person’s own motivation and commitment to change.

  - Exploring CLIENT’s reasons for change
  - Acceptance and compassion
  - Addresses ambivalence about change
Who can benefit from this?

- Response to motivational interviewing was NOT altered by:
  - Cognitive impairment
  - Co-occurring psychological problems
  - Severity of alcohol impairment
  - Sociopathy
Indications for MI

- Particularly good for angry/irritable people
- Those that are disengaged (disinterested, minimizes problems)
Contraindications

- People who are already very motivated for change
- A client who needs immediate care (e.g. emergency medical attention)
Spirit of Motivational Interviewing

- Collaboration vs confrontation
- Evocation vs educational
- Autonomy vs authority

This is essentially a very **client centered** approach.
## Stages of Change

<table>
<thead>
<tr>
<th>Pre-contemplation</th>
<th>Contemplation</th>
<th>Preparation</th>
<th>Action</th>
<th>Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have no clue.</td>
<td>I think I might have a problem, but I’m not sure if I want to do anything about it.</td>
<td>I know I have a problem and I want to start doing things to improve</td>
<td>I’m doing a lot of big things to improve</td>
<td>I want to keep up the positive progress that I have made</td>
</tr>
<tr>
<td>I don’t care.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I’m going to keep doing what I’m doing.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not willing to change</td>
<td>Ambivalent about change</td>
<td>Cutting down/making changes</td>
<td>Making dramatic changes</td>
<td>Sustaining change</td>
</tr>
</tbody>
</table>
Motivational Interviewing & Stages of Change

- MI is geared towards your **pre-contemplators**. And the angry ones. And the ones who are disengaged.
What is MI?

- Express empathy
- Rolling with resistance
- Avoiding Argumentation
- Developing Discrepancies
- Self-efficacy
Expressing Empathy

- Reflective statements

- “So, it sounds like you think it’s your friends who have the problem.”

- “So, you don’t think you have a problem with alcohol at all.”
Rolling with Resistance/Avoiding Argumentation

- Tell me more about that

- Seems unfair. You are legal drinking age, but you got busted for alcohol possession in on-campus housing.

- Seems unfair. Why do you have to come here, but other people in your dorm don’t?
Developing Discrepancies

- Operates on the principle of cognitive dissonance.

- Can be between:
  - a positive and a negative
  - what was said earlier and what was said recently
  - what was EMPHASIZED vs MINIMIZED.
  - the good and not so good aspects of drinking
Supporting Self-Efficacy

- Catch them at succeeding
- Affirm ANY positive steps
- Remark on successful events of the past
Supporting Self-Efficacy

GOT UP THIS MORNING

MADE IT TO MY SESSION ON TIME
References

- Motivational Interviewing by W. Miller and S. Rollnick
- www.motivationalinterviewing.org