Motivational Interviewing: The Antidote to Frustration and Finger Wagging

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“Motivational Interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change”
Providing Healthcare on a Continuum
Ambivalence is the norm with weight management
Directing often leads to opposite arguments or only short-term adherence
Simply “following” ignores our expertise
People are more likely to be persuaded by what they hear themselves say
Compassion
Evocation
Acceptance
Collaboration
Four Processes in MI

- Overlapping
- Each builds on the other
- One does not end as the other begins

Planning
Evoking
Focusing
Engaging
Subjective, Objective, Assessment, Planning is not bad but sometimes misses the spirit of MI.
Does MI work?

- Weight Management is difficult
- Childhood obesity is even more complex
- Who can do it?
- Doesn’t it take too long?
Does MI Work?

* 42 Primary Care Offices
* Compared 3 groups: Usual Care, Provider Only (4 sessions) and Provider + RD (4 provider + 6 RD)
* Two year treatment of parents with 2-8 year olds
* Provider + RD decreased BMI percentage greater than Usual Care

Motivational interviewing appears to enhance weight loss in overweight and obese adults. (Armstrong et al., *Obesity Reviews*, 2011)

2015 Review:
- Out of 6 studies, 3 reported that MI had a statistically significant positive effect on BMI and on secondary obesity-related behavior outcomes. (Borrello et al., *Frontiers in Psychology*)

Treating children/adolescents has unique challenges.
- Age and development
- Treat the parent and/or the child
- Sociocultural factors
Reflective statements and open questions focusing on their desires, abilities, reasons, need and commitment to weight loss recommendations are more likely to increase motivational statements.

Other reflections and questions may be counterproductive.

Adolescents have a strong need for autonomous decision-making, emphasizing their autonomy.

The process of establishing a mutually trusting and respectful, helping relationship

Beginning consultation with assessment can place the client in a passive role and compromise engagement

Expert-driven directing does not work well when what is needed is personal change

This is not just being nice
I feel like you are the experts in your family but hopefully I can still be of some assistance. Coach me on how to help you in this area.

I know the main purpose of your visit today was to make sure Parker’s asthma medication was working well, but did either of you have any other concerns?

Would it be okay if we talked a bit more about Parker’s weight?
Finding one or more specific goals or intended outcomes that provide direction for consultation

It can arise from the client, the context or the clinician

Three scenarios:

- “I know where we are going; the focus is clear”
- “There are several options and we need to decide”
- “The focus is unclear and we need to explore”
DARNCAT

- Desire: “I want to.”
- Ability: “If you decided that you wanted to lose weight, how would you do it?”
- Reasons: “Why does this matter to you?”
- Need: “How serious or urgent does this feel to you?”
- Commitment: “I’ve decided.”
- Activation: “I’m ready.”
- Taking Steps: “This is what I am doing.”
Look for signals from patients that they are ready for a plan "I’m ready to do it"

Don’t get ahead of your patients’ level of readiness.
* Evoke activation talk “Are you willing to give that a try?”
* Ask for commitment “Is that what you intend to do--walk after school?”
* Setting a date “When would you begin walking?”
* Preparing “Is there anything you need to do to prepare for this?”
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.
Guide me to be a patient companion, to listen with a heart as open as the sky. Grant me vision to see through her eyes and eager ears to hear her stories. Create a safe and open mesa on which we may walk together. Make me a clear pool in which she may reflect. Guide me to find in her your beauty and wisdom, knowing your desire for her to be in harmony: healthy, loving and strong. Let me honor and respect her choosing of her own path, and bless her to walk it freely. May I know once again that although she and I are different, yet there is a peaceful place where we are one.

-William Miller