

Motivational Interviewing: The Antidote to Frustration and Finger Wagging

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THIRD EDITION

MOTIVATIONAL INTERVIEWING

Helping People Change

William R. Miller
Stephen Rollnick

Over 90,000 in Print!

Motivational Interviewing in Health Care

HELPING
PATIENTS
CHANGE
BEHAVIOR

Stephen Rollnick | William R. Miller | Christopher C. Butler

What is Motivational Interviewing?

“Motivational Interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change”

Providing Healthcare on a Continuum



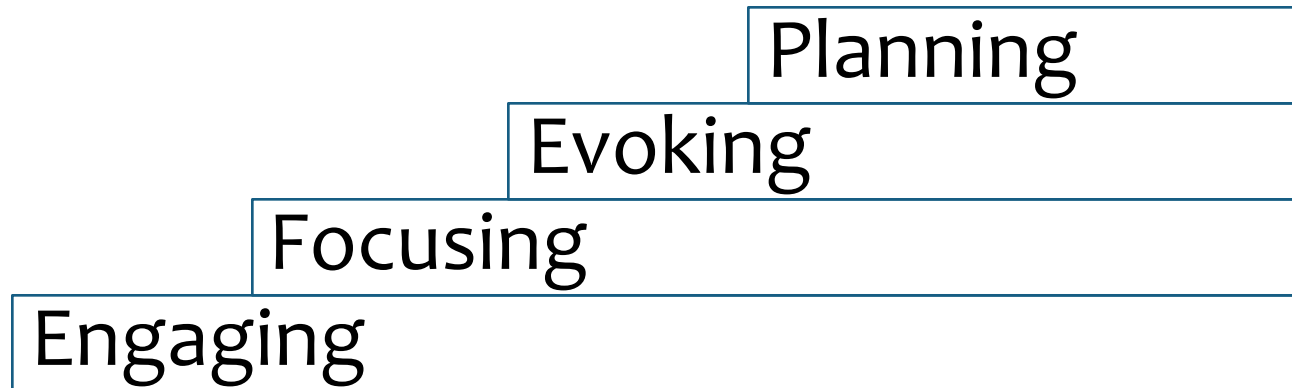
Why Use This Style?

- * 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



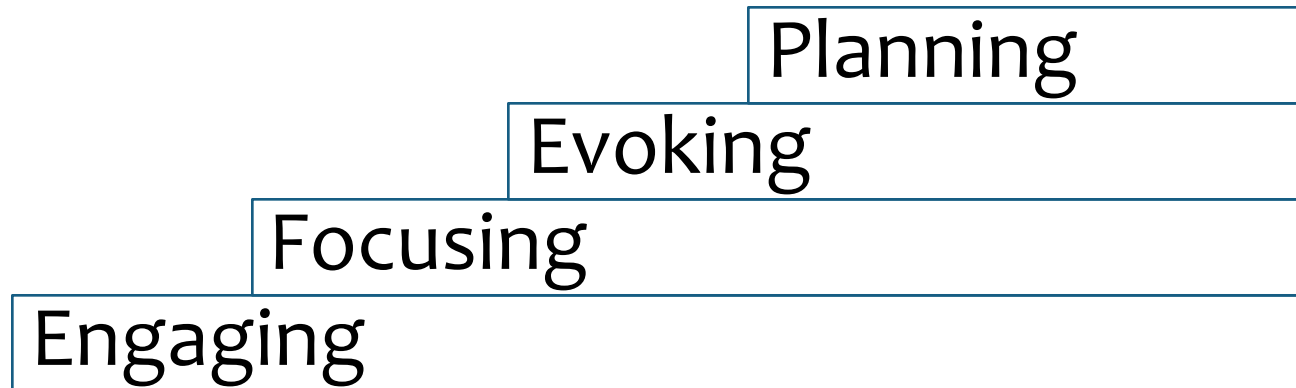
Four Processes in MI

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



Four Processes in MI vs. SOAP

- * 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

Resnicow et al. *Pediatrics*, 2015;135 (4), 649-656

Does MI Work?

- * 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

Provider Communication and Black Adolescents with Obesity

- * 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.

Carcone, et al., *J Dev Behav Pediatr* 2013, 34(8) 599-608

Engaging

- * 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

Examples of Engaging

- * 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?

Focusing

- * 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”

Evoking

- * 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.”

Planning

- * 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.

Planning

- * 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?”

MI technical definition

- * 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

MI Prayer

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