



UW PACC

Psychiatry and Addictions Case Conference

UW Medicine | Psychiatry and Behavioral Sciences

MOTIVATIONAL INTERVIEWING

UW PACC

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GENERAL DISCLOSURES

The University of Washington School of Medicine also gratefully acknowledges receipt of educational grant support for this activity from the Washington State Legislature through the Safety-Net Hospital Assessment, working to expand access to psychiatric services throughout Washington State.

SPEAKER DISCLOSURES

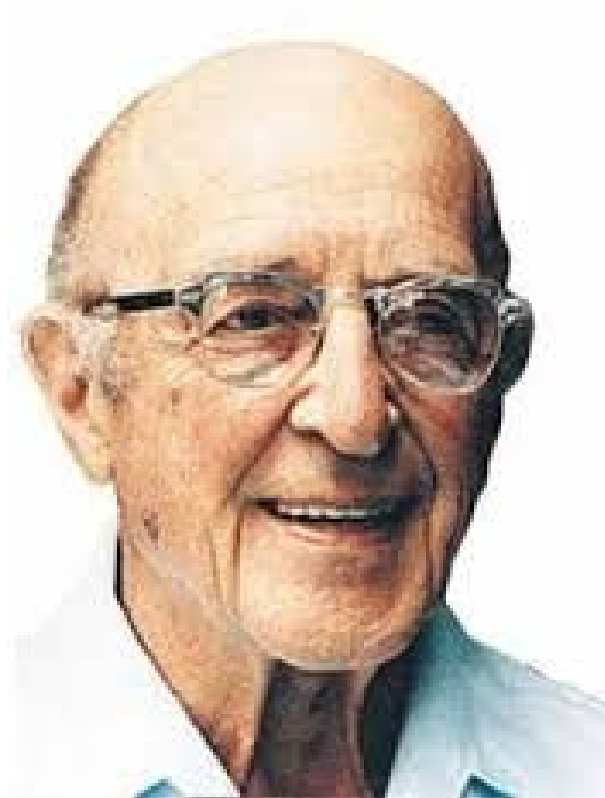
- ✓ No conflicts of interest

OBJECTIVES

1. Participants in the UW PACC session on Motivational Interviewing(MI) will be able to identify 2 components of “Spirit” of MI
2. Participants in the UW PACC session on MI will be able to demonstrate an evidence based strategy for giving recommendations/information/advice.



THEORETICAL UNDERPINNINGS

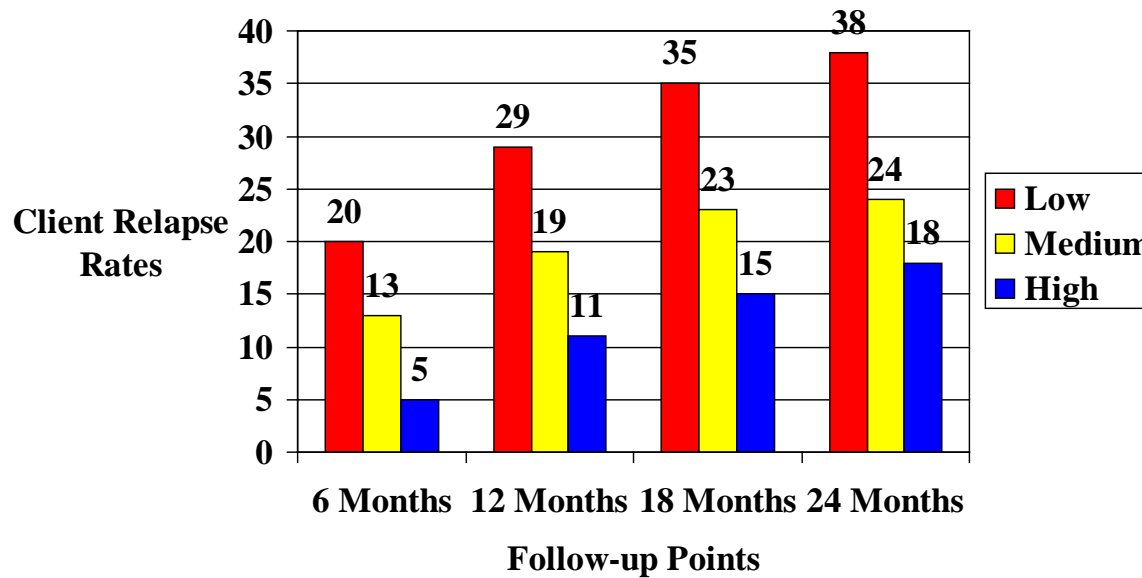


ROGERIAN PSYCHOTHERAPY (40-50'S)

- Rogers specified three interrelated “core conditions”:
- **Genuine** - “within the relationship [the therapist] is freely and deeply himself”, not hiding behind a professional façade.
- **Unconditional positive regard** - the therapist accepts and prizes their client for who he or she is without conveying disapproving feelings or actions. The therapist demonstrates a willingness to attentively listen without interruption, judgment or giving advice.
- **Empathy** - the therapist communicates their desire to understand and appreciate their clients perspective. (Being listened to and understood)

ROGERIAN SKILL AND CLIENT OUTCOMES

VALLE (1981) *J STUDIES ON ALCOHOL* 42: 783-790



MOTIVATIONAL INTERVIEWING

- First described in the 1980's by William Miller and Stephen Rollnick, two psychologists who had experience in treating alcoholism
- Spirit or philosophy of MI and behavior change considered most important; techniques follow accordingly.



TWO COMPONENTS OF MI: RELATIONAL AND TECHNICAL

RELATIONAL COMPONENT = SPIRIT

- Miller and Rollnick (2012) comment on how they have, since the first publication of their book in MI in 1991, placed less emphasis on techniques of MI (reflections...) and greater emphasis on the spirit that underlies it.
- Miller argues the 80% of motivational interviewing is about the spirit (presentation 18 July 2007, Wellington)

MI SPIRIT & ITS MIRROR

- **Collaboration**
- **Evocation**
- **Autonomy**
- **Confrontation &/or Directive**
- **Education**
- **Authority**

VIDEO

- Identify the MI spirit and principles used by Dr. Rollnick

ASK TELL ASK

An MI spirit adherent strategy for giving ideas/advice/information.

Ask: “I’d like to check with you about common side effects to narcotics. Would that be ok with you?” (collaborative, patient autonomy, avoids righting reflex)

Tell: “Some patients taking narcotics, through no fault of their own, start to notice that they aren’t ok without them”

Ask: “Have you had this experience?” (evocative)