



UW PACC

Psychiatry and Addictions Case Conference

UW Medicine | Psychiatry and Behavioral Sciences

MOTIVATIONAL INTERVIEWING

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GENERAL DISCLOSURES

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SPEAKER DISCLOSURES

✓ No conflicts of interest



THEORETICAL UNDERPINNINGS



ROGERIAN PSYCHOTHERAPY (40-50'S)

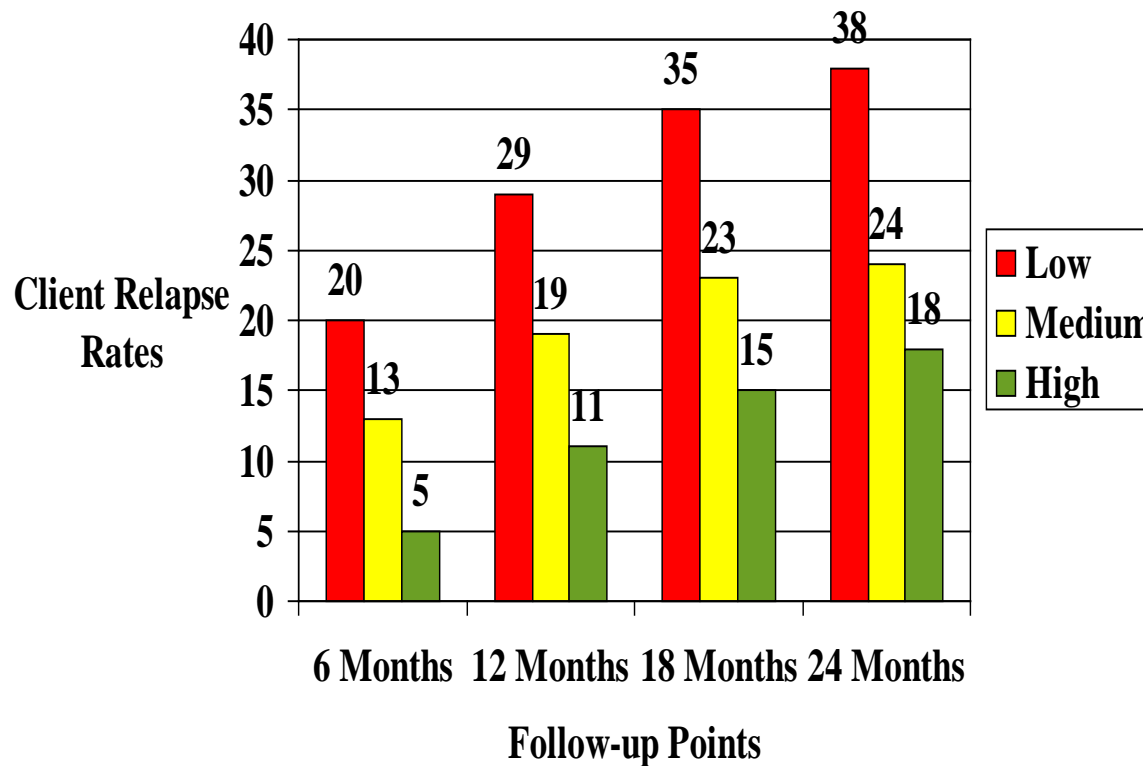
- Rogers specified three interrelated “core conditions”:
- **Genuine** - “within the relationship [the therapist] is freely and deeply himself”, not hiding behind a professional façade.
- **Unconditional positive regard** - the therapist accepts and prizes their client for who he or she is without conveying 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)

CARL ROGERS: PERSON CENTERED THERAPY

- Rogers was not prescriptive in telling his clients what to do, but believed that the answers to the patients' questions were within the patient and not the therapist. Accordingly, the therapists' role was to create a facilitative, empathic environment wherein the patient could discover the answers for him or herself.

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 have an evidence based strategy that has helped other people quit smoking. Are you interested in hearing it?” (collaborative, patient autonomy, avoids righting reflex)

Tell: “Combining nicotine replacement with bupropion has helped other people with Schizophrenia quit smoking”

Ask: “What are your thoughts about this?” (evocative)