

### **April Lawrence**

### **Intro to Motivational Interviewing**

BCKD18 BC KIDNEY DAYS

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#### **Our Learning Objectives**

1. Understand what Motivational Interviewing is, the principles that inform its practice and be able to decide if it is a method of supporting change in your patients that you wish to pursue.

2. Leave with a concrete Motivational Interviewing-informed skill that can be put into practice right away.

#### How we will work

# I will try to leave time for electronically submitted questions, but not at the expense of interaction.



## INTRO

**Definitions & Evidence** 

What is MI about?







# A collaborative conversation style to strengthen a person's own motivation and commitment to change.







Imagine a situation...

Moves away from change



# Moves toward change







## HOW MANY OF YOU JUST NEED ONE MORE LECTURE FROM SOMEONE WHO THINKS THEY KNOW YOUR LIFE BETTER THAN YOU DO?



#### Ambivalence Is Normal





## "MOST PEOPLE DO NOT LISTEN WITH THE INTENT TO UNDERSTAND; THEY LISTEN WITH THE INTENT TO REPLY."

#### STEPHEN R. COVEY



#### MI SKILL

#### Give No Advice

This is a real-play, we are NOT pretending to be someone else. We are being ourselves! You may not want to work with a supervisor or family member

Two roles - the person and the helper.

Person – Take a moment to think about something you have been wanting to or meaning to do or change but haven't done yet. This could be learning and instrument, cleaning to garage, putting up the photos, the last 10 pounds, exercising more, calling your mother every Sunday... Make sure it is something you are comfortable sharing. Keep this in mind and respond naturally.

Helper – Be a respectful listener. You will be repeating back the persons <u>motivations</u> (not the whole story) so pay close attention. Do not try and persuade and **Give No Advice**. Ask the following open-ended questions and **ONLY** the following questions.

 Tell me about something you have been thinking of changing or doing but haven't yet.
 What are the three best reasons for you to make this change?
 On a scale of 1 to 10 where 1 is not important and 10 is very important, how important would you say it is to make this change?
 Why is it a \_\_\_\_\_ and not a zero?
 How might you go about making this change?

Repeat back a short summary of their motivations (not the whole story, just the reasons why the change is important).

Then ask: 6) "What do you think you will do?" Listen to them with interest.

Thank each other.



#### **Activity: Give No Advice**

Activity. Give NO Advice	
Person	Helper
Describe a change you want to make but are ambivalent about.	Ask these questions, but GIVE NO ADVICE Tell me about something you are thinking about changing but haven't changed yet.
Respond to the guide's questions	What are the three best reasons for you to make the change?
	On a scale of 0-10, how important would you say it is for you to make this change? Why is it a and not a zero?
	How might you go about making this change?
	Provide a short summary of the speaker' s motivation for change
	Ask "What do you think you will do?"
	Listen with interest to the answer
Say thank you	Say thank you

What were you thinking or feeling when it was your turn to speak?



### What was it like to Give No Advice?





WHICH PERSON ARE YOU AND EXPERT ON?

# WHICH PEOPLE ARE YOU **NOT** AN EXPERT ON?



## Focus on Question 4...

## WHY IS IT A \_\_\_\_ AND NOT A ZERO?





# (Public) A collaborative conversation style to strengthen a person's own motivation and commitment to change.



## **Dancing vs. Wrestling**







#### Evidence for MI

- > What works in MI
  - > Spirit
  - Attention to language of change
- > What doesn't work
  - > Lack of fidelity
  - > Overly scripted MI







## ATTITUDE

The Spirit of Motivational Interviewing

A Range of Styles



### Spirit of Motivational Interviewing

> Compassion
> Acceptance
> Partnership
> Evocation







Caring about what is important to another person and feeling moved to help.







Respecting another person and their right to change or not to change.







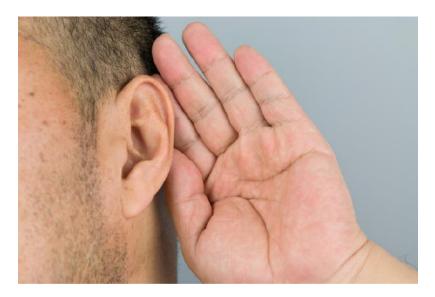
Working together with another person and recognizing them as equal.







Bringing out another's ideas, strengths, and knowledge about the situation and themselves. This can include encouraging to explore.





### Spirit of Motivational Interviewing

> Compassion
> Acceptance
> Partnership
> Evocation













CAPE











teach
assess
prescribe
lead

draw out encourage motivate listen understand go along with



Based on an idea from Steve Rollnick Photos by C Davis and S Denkers

## Electronic Questions...

## And Thank You!!!

