



ECHO IDAHO: **Counseling Techniques for SUDs**

Motivational Interviewing for SUD Clients

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Learning Objectives

- Identify recent theoretical/conceptual updates to Motivational Interviewing
- Identify relevant linguistic/technical updates to Motivational Interviewing
- Discuss potential applications of recent changes to your practice of Motivational Interviewing

Introductions

- A little bit about me . . .
 - Licensed professional counselor since 2009 (Originally TX, now ID)
 - Clinical experience in community counseling settings, private practice, and outpatient SUD clinics
 - Counselor educator at Boise State since 2014
- A little bit about you . . .
 - In what setting/general location do you currently help people change and grow?
 - How many years have you been accompanying people in their change and growth journeys?
 - On a scale of 1-10 (1= not at all, 10= I could do this training in my sleep), how familiar are you with Motivational Interviewing?

Who we are together

When you embody the role of helper, you do not become a different person. It is not like putting on a mask or a disguise. You are still your imperfect self, completely with your own foibles, biases, and vulnerabilities, who is accepting the temporary role and responsibility of a guide on a journey with another real and imperfect human being.

– Miller & Rollnick p. 253

Which of the following statements is FALSE?

- A. Counselors often overestimate their own skill level/quality of practice in MI
- B. Many more people believe they are delivering MI well than actually are
- C. Experience is the best predictor of effective MI practice
- D. Counselors are often much more reluctant about recording than clients are

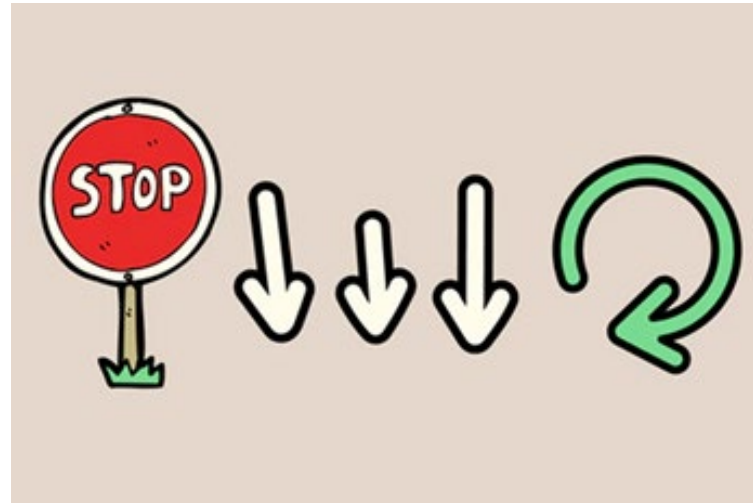


“Smoke Signals” of Discord

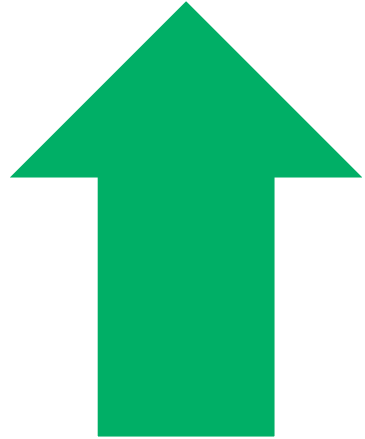
- Arguing
 - Challenging
 - Discounting
 - Hostility
- Interrupting
 - Talking over
 - Cutting off
- Denying
 - Blaming
 - Excusing
 - Claiming impunity
 - Minimizing
 - Pessimism
 - Reluctance

- Ignoring
 - Inattention
 - Non-answer
 - No response
 - Side tracking

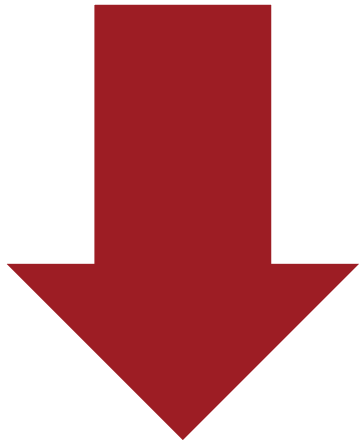
“If you disagree with your therapist, it is called resistance. If you subsequently come to agree with your therapist, it’s called insight.” p. 21



MI 4th Ed. Overview

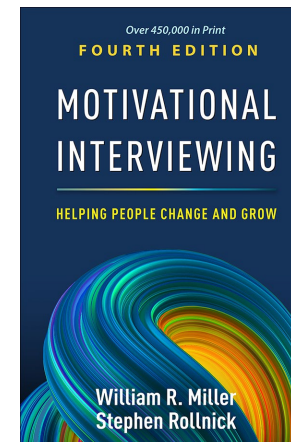


Simplicity



Complexity

- 30% smaller
- Written for a wider audience
 - Subtitle “Helping People Change and Grow”
 - Therapist “callouts” for advanced behavioral health clinicians
- Broader array of case examples



Definition

2013

- Motivational Interviewing is a collaborative, goal-oriented communication style that helps people strengthen their commitment to change.

2023

- Motivational Interviewing is a particular way of talking with people about change and growth to strengthen their own motivation and commitment.

What do you notice?

MI Spirit

- Spirit
 - Helper's intentions and attitudes
- Empowerment vs. evocation
 - Affirming clients' own strengths, motivations, resourcefulness, and autonomy.
 - Inner and outer empowerment



Affirmations

Simple

- Praise



Complex

- Encouragement



“I see you as a person who has strengths and good qualities.”

Example- Which of the following answers is the best complex affirming response?

- A. I am so proud of you.
- B. You don't give up, even when everything is stacked against you.
- C. Good job on the homework!
- D. I love your shoes today.



Reflection

- Internal empowerment
 - *When you are sitting with someone **with the intention to empower**, what beliefs and attitudes about them emerge?*
- External empowerment
 - *What are some specific strengths or positive character traits you can share with the client? How can you reflect to them their autonomy and choice?*



Four MI Components

- Tasks vs. process

- Can we walk together?
- Where are we going?
- Why would you go there?
- How will you get there?



Engaging

Focusing

Evoking

Planning

Evoking

- The task that particularly differentiates MI from other approaches.
- Three skills: attending, inviting, and strengthening
 - Pay attention to any change talk you hear
 - Ask for it when you don't hear it (invite)
 - Respond in a way that gets you more change talk

You (the “helper” influence how much change talk (or sustain talk) you will hear by what you choose to ask and emphasize.”
- Miller & Rollnick (2023, p. 25)



Change and Sustain Talk

Cultivating Change Talk

- Over a series of exchanges, the clinician shapes the client's language in favor of change
- Uses structured therapeutic tasks as a way of eliciting and reinforcing change talk
- Does not usually miss opportunities to explore more deeply when client offers change talk
- Strategically elicits change talk and consistently responds to it when offered
- Rarely misses opportunities to build momentum of change talk



Softening Sustain Talk

- Does not explicitly ask for reasons not to change
- Minimal attention to sustain talk when it occurs
- Does not seek elaboration of sustain talk
- Lack of curiosity and focus on client's reasons to maintain the status quo
- Does not linger in discussions about barriers to change
- Uses structured therapeutic task(s) to shift the focus of sustain talk toward the target change goal
- May use double-sided reflections (ending with a reflection of change talk) to move the conversation away from sustain talk

Which of the following double-sided reflections is best if you are trying to soften sustain talk?

- A. Stopping at Starbucks on your way to work every morning helps motivate you to get out of bed, but the daily Starbucks stops are adding to your stress about finances.
- B. You are really struggling with your finances, but going to Starbucks every morning on your way to work is the boost you need to start your day.
- C. Stopping at Starbucks on your way to work every morning helps motivate you to get out of bed and you are aware that it adds to your stress about finances.
- D. You are aware that the daily Starbucks stops are adding to your stress about finances and you really look forward to the Starbucks on your way to work.

Use of Directional OARS

- Directional question
 - A strategic question that the natural answer to which is change talk.
 - You are likely to get more of what you ask for . . .
- Directional reflection
 - *includes affirmations and summaries*
 - A strategic reflection focused on change talk.

OARS
Key Skills in Motivational Interviewing

O **OPEN QUESTIONS**
to explore concerns, promote collaboration, and understand the client's perspective.

A **AFFIRMATIONS**
to support strengths, convey respect.

R **REFLECTIVE LISTENING**
to explore deeper, convey understanding, deflect discord, elicit change talk.

S **SUMMARIZE**
to organize discussion, clarify motivation, provide contrast, focus the session and highlight change talk.

Which of the following counselor responses aligns most with the MI idea of directional OARS for a client who is ambivalent about his problematic gaming behaviors?

- A. What do you like most about playing video games?
- B. You are a competitive person and really excel in the world of gaming.
- C. Reducing how much time you spend playing video games would free up time for other things that are important to you, like studying so you do well in school and hanging out with your little sister.
- D. You've shared a lot with me so far about your gaming, let me see if I understand everything. Although you acknowledge there may be things you are missing out on by spending so much time gaming, you also really love to do it. You have friends that play with you online and you enjoy the adrenaline rush you get from competing and winning. You think you may even be able to get a scholarship to college from gaming.

Reflection

- Cultivating change talk, softening sustain talk through directional OARS
 - *What change talk have you heard?*
 - *If ZERO change talk, what sustain talk comes up most?*
 - *Based on these, what is an open-ended question or reflection you could use to either cultivate change talk or soften sustain talk in your next interaction?*



Changes to Technical Terms

Previous Term

Agenda Mapping

Developing Discrepancy

Elicit-Provide-Elicit

Formulation

Righting Reflex

Running Head Start

New Term

Choosing a Path

Planting Seeds

Ask-Offer-Ask

Clarifying

Fixing Reflex

Pendulum Technique



Transition to Application



Case Example

- Chris is a 32-year-old individual attending intensive outpatient counseling for an alcohol use disorder. Chris has been in treatment since September and seems to be showing good insight and exhibits many positive behavior changes. In a recent counseling session, Chris expressed mixed feelings about visiting family over the holidays, noting that time with family can be enjoyable, but it can also be unpredictable and volatile. Chris isn't sure about going and/or how to prepare for spending time with family.
- Chris: "I'm really not sure about how to spend the holidays this year. I have always spent it with my family, but I am not sure that's a good idea this year. What do you think?"

Application Activity

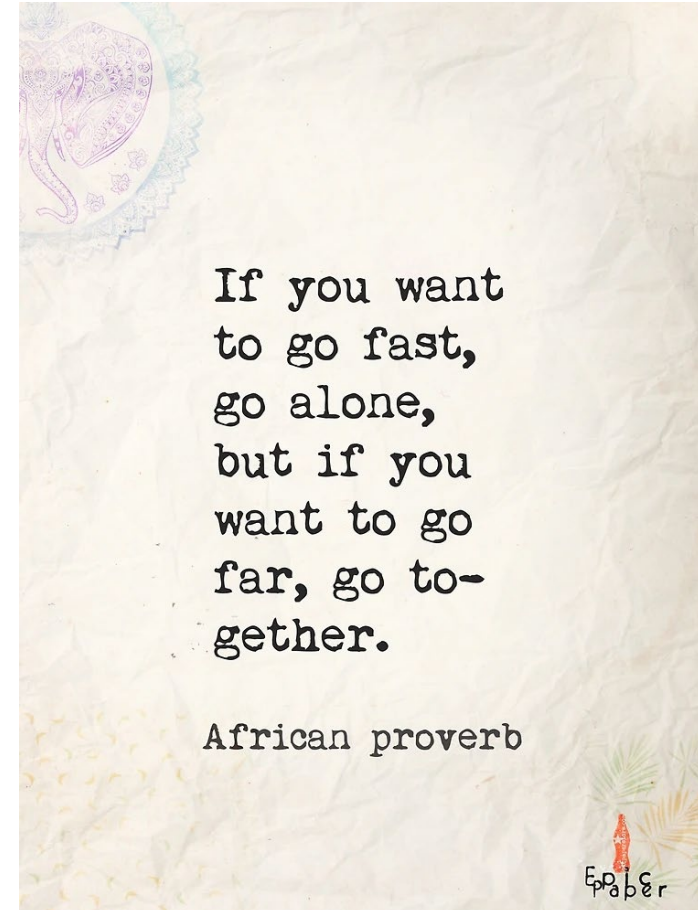
- Write out a dialogue/brief script about how you imagine this conversation could go, considering the most updated MI best practices.
- We will go into break-out rooms to develop a script and then come back to the main room to share.

Activity Debrief: Key Ideas

- Did you recognize the “fixing reflex” in yourself?
 - How do you manage this reflex?
- Do your helper responses . . .
 - Follow MI information sharing best practices (Ask, Offer, Ask) vs. telling or persuading?
 - Empower through encouragement (vs. praise)?
 - Support the client’s autonomy?
 - Evoke more change talk and/or soften sustain talk?
 - Use *directional* OARS?

Wrap-Up

- Questions, comments?
- Consider reading the 4th edition text if you have not already!
- Feel free to contact me with any follow-up questions or comments
(raissamiller@boisestate.edu)



References

- Miller, W. R. & Rollnick, S. (2023). *Motivational Interviewing: Helping People Change (4th Ed)*. The Guilford Press.
- Miller, W.R., & Rollnick, S. (2023). *What's New (and Not New) in the 4th Edition of Motivational Interviewing*. Retrieved from <https://motivationalinterviewing.org/>