

The use of **Motivational Interviewing** within a PCIT Framework

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Objectives

- Gain an introductory overview to Motivational Interviewing and its guiding principles.
- Learn how to assess "readiness for change" and when an MI conversation is suitable within the PCIT protocol.
- To practice recognizing and responding to client's "Change Talk."
- Learn MI's core interviewing skills (OARS) to address ambivalence or resistance during PCIT pre-treatment assessment or in the parent check-in prior to coaching.

What is Motivation?

- Probability of behavior change or movement toward or against a goal.



- Can be Internal, External, or Both

- What ROLE do we play?

If any...in impacting our client's MOTIVATION towards their desired goals?



A "Taste" of MI



Taste of MI

4 opened ended questions

1. Why would you want to make this change?
2. How might you go about it, in order to succeed?
3. What are 2-3 good reasons to do it?
4. On a scale from 0-10, how important would you say it is for you to make this change?
5. Follow up: "And why are you a ____ and not a lower number?"

"So what do you think you'll do?"

Taste of (non) MI


Directive style

1. explain *why* the person should make the change
2. Give at least 3 *specific benefits* that would result from making the change
3. Tell the person *how* they could make the change
4. Emphasize how *important* it is to make the change

The Righting Reflex

Righting Reflex: The natural desire of helpers to set things right, to prevent harm and promote client welfare.

However... Sometimes our efforts to HELP our clients (parents/caregiver)... HINDERS them instead.

“Resist the Righting Reflex” 

Normal Human Reactions to the Righting Reflex (Teach/Direct)


Invalidated	Resist	Withdraw
Not respected	Arguing	Disengaged
Not understood	Discounting	Disliking
Not heard	Defensive	Inattentive
Angry	Oppositional	Passive
Ashamed	Denying	Avoid/leave
Uncomfortable	Delaying	Not return
Unable to change	Justifying	

Normal Human Responses to a Listen/Evoke/Empathic Style

Affirmed	Accept	Approach
Understood	Open	Talk more
Accepted	Undefensive	Liking
Respected	Interested	Engaged
Heard	Cooperative	Activated
Comfortable/safe	Listening	Come back
Empowered		
Hopeful/Able to change		

Righting Reflex

- Which parents would prefer to work with?
- They're the same parents!

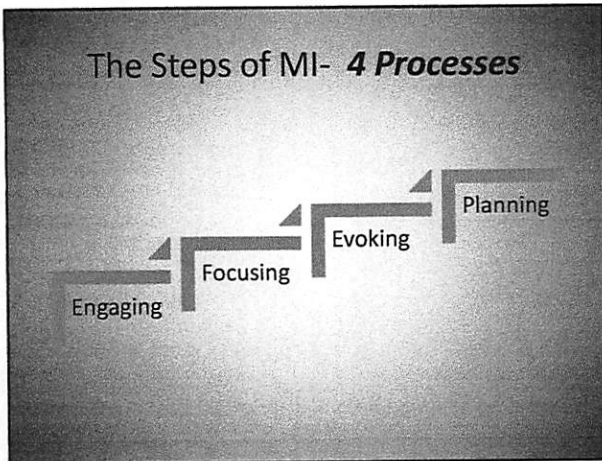


What is Motivational Interviewing?

(Clinical Definition)

- A person-centered counseling style addressing the common problem of ambivalence about *change*.

(Miller & Rollnick, 2012).



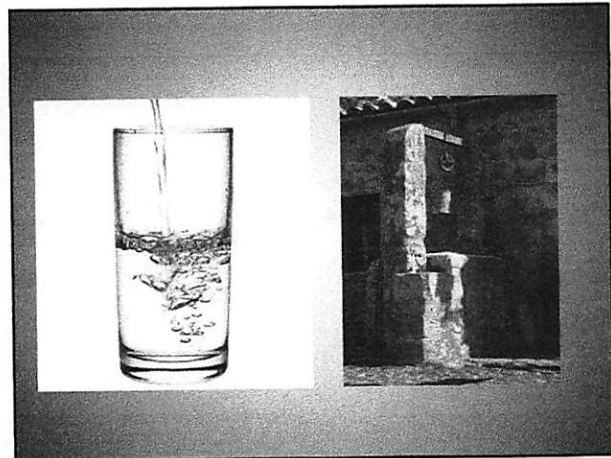
What is Motivational Interviewing?

- A way of being with a person, not just a set of techniques for doing counseling.

(Miller & Rollnick, 1991; 2002).

MI Spirit

- Person-centered approach
- It is *collaborative*, being done *for* or *with* someone, not *on* or *to* them
- Rooted in evoking that which is already present, not instilling what is missing
 - “All of the wisdom is already in the room”



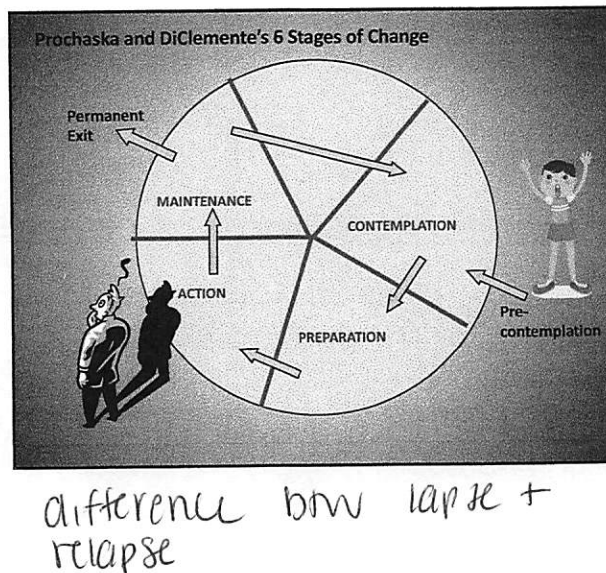
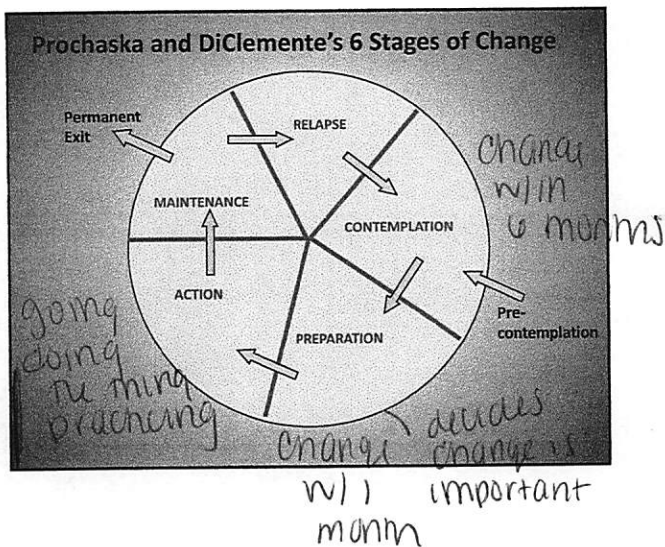
MI Spirit

- In addition... the MI Spirit underlies a focus on P.A.C.E
 - ❖ Partnership
 - ❖ Acceptance
 - ❖ Compassion
 - ❖ Evocation
- The PARADOX of CHANGE.....

When a person feels accepted for who they are and what they do – *no matter how unhealthy* – it allows them the *freedom* to consider change rather than the need to defend it.

WHEN do people change?

- STAGES OF CHANGE
(Prochaska & DiClemente, 1991)



Resistance / (Discord)

Conventional View	MI View
<ul style="list-style-type: none"> Person is not motivated. 	<ul style="list-style-type: none"> A signal that the provider is being perceived as "not getting it".

Understanding resistance

Resistance during PCIT is not a personality trait of the parent. It does not mean this parent is not wanting and willing to learn and grow.

It is a form of communication from parents to us saying, "You are not understanding me!!"

Resistance is about our **Relationship** with our parents

"Hard to be resistant when sitting alone at the beach"

Basic Skills for "resisting the righting reflex" and expressing empathy and understanding of our clients...

Using our "**OARS**"

- Open-ended questions
 - Offers broad latitude and choice in how to respond
- Affirmations
 - Accentuates the positive, acknowledge strengths and effort
- Reflections
 - A statement intended to mirror understanding of client speech
- Summaries
 - A reflection that draws together content from numerous previous statements

Similarities in the meta-skills for MI & PCIT

MI	PCIT
Client centered interaction with Selective Attention to <i>Change Talk</i> about desired behaviors.	Child directed interaction with Selective Attention to desired behaviors.
OARS	PRIDE
<ul style="list-style-type: none"> Opened Ended Questions Affirmations Reflections <ul style="list-style-type: none"> Simple & Complex Summaries 	<ul style="list-style-type: none"> Child led play Praise Reflect <ul style="list-style-type: none"> Simple Imitate Describe Enjoy

main skills used in MI

selective attention

Understanding Motivation

People do not fail to make important changes in their lives because the lack motivation, but rather because they have **too much**?

(role of values)



What is Ambivalence?

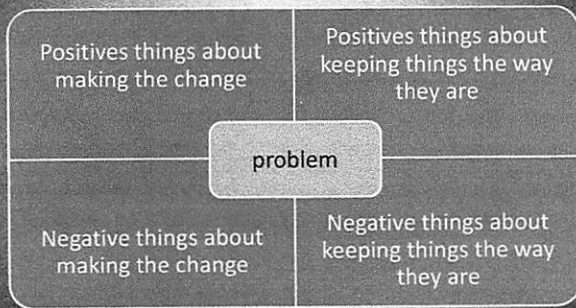
Ambivalence: the simultaneous presents of competing motivation for and against change

(or simply)

Feeling two ways about something.

All of our VALUES don't AGREE

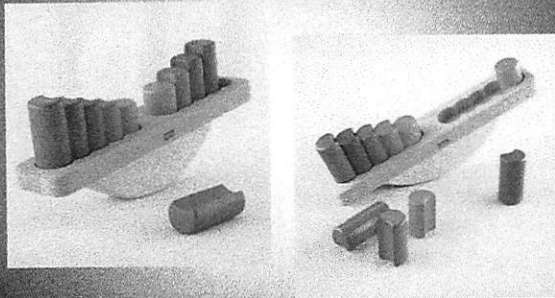
Develop discrepancy



Develop Discrepancy

- Introduce and/or empathize with ambivalence.
- Discuss pros and cons.
- Stay with the ambivalence (double sided reflections).
- This allows the person to free up his/her own internal resources.

Moving Beyond Ambivalence- Tipping the Scale



What do you **like** or find **rewarding** about

PCIT?

What is motivational interviewing?

(Technical Definition)

- Motivational interviewing is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own arguments for change.

What is motivational interviewing?

People tend to believe the things they say!

How would this conversation differ if I asked what you find limiting or are some shortcoming of PCIT?"

"Change Talk"

The goal of MI is for the provider to **guide** the client to discuss/argue for his/her own reasons for change in a compassionate way that respects the client's autonomy.

Change Talk vs. Sustain Talk

- | | |
|-------------------------------|----------------------------|
| • Change Talk | • Sustain Talk |
| - Advantages of Change | - Disadvantages of Change |
| - Disadvantages of status quo | - Advantages of status quo |
| - Intention to change | - Intention not to change |
| - Optimism about change | - Pessimism about change |

Develop discrepancy

Positives things about making the change

Positives things about keeping things the way they are

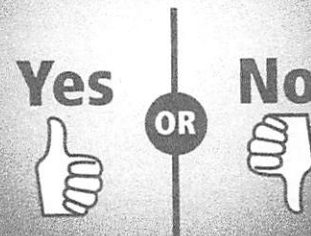
problem

Negative things about making the change

Negative things about keeping things the way they are

Step 1: Recognizing Change Talk

- Change Talk Exercise



Drumming for Change

- I didn't practice my PRIDE skills this week
- I'm never going to reach mastery!
- I really want to be a better mom.
- I'm getting pretty good with my labeled praises.
- My parenting isn't a problem, she's just stubborn.

Drumming for Change

- I need to get my daughter's behaviors under control or she's gonna get kicked out of daycare!
- I'm scared that my son's being labeled by his teachers as a "bad apple."
- If I praise my child too much she's gonna get spoiled, just like her Dad.
- It's hard not asking questions, but I can do this.
- I don't care how long it takes.... We are going to graduate PCIT and get our family back on track!

Step 2: Responding to Change Talk All "EARS"

- E: Elaborate- Use opened questions to asking for elaboration, more detail, in what ways, an example, etc.
- A: Affirm – commenting positively on the person's statement
- R: Reflect- empathize and amplify , etc.
- S: Summarize – collecting bouquets of change talk

Where's the Change Talk?

See if you can find the Change Talk in these client statements



Where's the Change Talk?

"I really want to learn how to stop my daughter tantrums but she is so stubborn and nothing ever works!" Would you reflect/elicit:

1. Its important for you to learn ways to stop those tantrums *↓ from argument to bring about change*
2. You have a strong-willed little girl
3. Nothing that you've tried works

Where's the Change Talk?

"I only practice my PRIDE skills twice this week because I've been really busy and stressed." Would you reflect/elicit:

1. You've had a busy week. *← change talk*
2. What stressors have you run into?
3. How did you make it happen those 2 days you practiced?

Where's the Change Talk?

"It's hard making the time to come here each week for PCIT, but our son's behaviors are really straining our marriage." Would you reflect/elicite:

1. Its hard making time for PCIT
2. There's a lot of stress in you marriage right now
3. You're willing to do what it takes to keep your family intact.

Where's the Change Talk?

"Now that I'm back from deployment I really want to bond with my son but he does know who I am and I don't know how to play with a little kid" Would you reflect/elicite:

1. Your not sure how to play with your son.
2. Because you've been gone your son doesn't know you well.
3. You want ways to bond with your son!

CHANGE TALK

Research shows a connection between your clients expressing "change talk" and implementing those behavioral changes.

Eliciting clients to verbalize reasons and rationales for **change**, increases **internal motivation** for that change, which results in change behaviors.

CHANGE TALK

- The more frequently they talk about it? **Good**
- The more definitively they talk about it? **Better**
- The more EMPATHIC and UNDERSTOOD they perceive the person they are talking about it to? **Best**

*(This relates to the **MI Spirit**- or why we start with **CDI!**)*

Readiness for Change

MI is an evidence based counseling style that helps us prepare our clients for **ACTION** on desired changes.

It also complements and helps prepare clients for "Action Oriented" or directive therapies.....

- PCIT
- CBT
- Bob Newhart "stop it" therapy

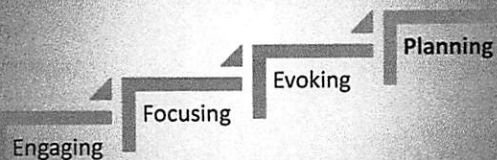


Applications in PCIT

What are some suitable opportunities within the PCIT Framework to utilize motivational interviewing?

- Pre-treatment Assessment
- CDI Teach/ PDI Teach
- Pre-coach check in (cautiously)
- CDI/PDI Homework Sheet review!

The Steps of MI- *4 Processes*



Applications in PCIT

- When is MI **not** suitable or necessary...
 1. When your parent is in ACTION stage
 2. It should be a support, not a substitute for the PCIT protocol
 - Trust the process!



In SUMMARY Remember the **RULE**

- R- Resist the Righting Reflex
- U- Understand you client's motivation
- L- Listen to you clients
- E- Empower your clients

Motivational Interviewing Web Site

- www.motivationalinterview.org