Understanding behaviour change: The role of Motivational Interviewing

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Presenter Disclosure Information:
This speaker has no conflicts of interest
Themes

• Issues and myths of [PA] behaviour change
• Behaviour change counselling interventions
• Motivational interviewing
  – Relational
  – Technical
  – Four processes
  – Psycholinguistics of change (CT/ST)
• Where next?
ISSUES OF [PA] BEHAVIOUR CHANGE
We have some challenges!
“Over 75% of individuals do not maintain behavior changes in multiple areas of behavior including substance use, smoking, physical activity, nutrition, and management of chronic physical and mental health conditions”

(Naar-King, Earnshaw & Breckon, 2013)
PHYSICAL ACTIVITY (PA) specifically

- Multiple conditions (e.g. smoking, alcohol, diet)
- Requires significant effort
- It is a 'complex intervention'
- Success is dependant on environmental and social factors as well as personal 'engagement'
- ‘Positive contamination’
- Seasonality
Some nations build PA into their commute (or day-to-day life)

Norrkoping, April 2013
INFORMATION IS NOT ENOUGH: ITS HOW YOU PRESENT INFORMATION THAT MATTERS...

20%  60%
The role of the health professional:

BEHAVIOUR CHANGE COUNSELLING INTERVENTIONS
Client outcomes before and after random reassignment to a new counsellor

% Positive Urines

Methadone Use

% Employed

% Arrested

Clinician effects

• Substantial empirical evidence indicates that clinicians account for a significant portion of outcome in behavioural and psychosocial treatments

• In fact, one of the best predictors for how well clients will do after behavioural interventions is which clinician they have

Moyers (2013)
"We need to move beyond just a brand name"
(Terri Moyers)

550 named behavioral therapies... knowing the identification of core components (that are part of many successful interventions) is critical (Fixsen, 2005)
MOTIVATIONAL INTERVIEWING
A technical definition of MI

“Motivational interviewing is a collaborative, goal orientated style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.” (Miller & Rollnick, 2012)
A technical definition of MI

“Motivational interviewing is a **collaborative**, goal orientated style of communication with particular attention to the **language of change**. It is designed to **strengthen personal motivation** for and commitment to a specific goal by **eliciting and exploring the person’s own reasons** for change within an atmosphere of **acceptance** and **compassion**.” (Miller & Rollnick, 2012)
OR...
"MI with someone is like entering their home. One should enter with respect, interest and kindness, affirm what is good, and refrain from providing unsolicited advice and rearranging their furniture. “

(An Alaskan elder reflecting on an MI workshop by Steve Berg-Smith)
The Elements of Motivational Interviewing

MI Spirit

Change (and Sustain) Talk

MI Processes

MI Micro skills (OARS)
Collaboration  

Acceptance  

Compassion  

Evocation  

MI Spirit  

Adapted from Miller & Rollnick (2013)
MI Micro skills (OARS)

- Open ended questions
- Affirmations
- Reflective listening
- Summarising

Reflective listening
1. Repeating (repeat an element).
2. Rephrasing (repeat with synonyms).
3. Paraphrase (repeat best guess at meaning; saying the next sentence).
4. Reflection of feeling (paraphrase that emphasizes the emotional dimension).
Four ‘+’ processes

- Engagement
- Focusing
- Evoking
- Planning, Acting, Maintaining
Change Talk

- BENEFITS OF CHANGE & COSTS OF STAYING THE SAME
- BENEFITS OF STAYING THE SAME & COSTS OF CHANGE

Sustain Talk & (Discord)
Sustain vs Change talk

- Desire
- Ability
- Reasons
- Need

- Commitment
- Activation
- Taking steps

PRECURSOR

PREDICTOR
WHERE NEXT?
WHERE NEXT: VALUES MATCHING VS STAGE MATCHING INTERVENTIONS
(HUTCHISON, JOHNSTON & BRECKON, 2011)
WHERE NEXT: IMPLEMENTATION
SCIENCE
A key part of 'Implementation Science' (Fixsen, 2010)

SCIENCE TO SERVICE GAP
The Challenge

- What is known is not what is adopted in the health sector
- What is adopted is not used with fidelity and good outcomes for consumer
- What is used with fidelity is not sustained for a useful period of time
- What is used with fidelity is not used on a scale sufficient to impact on societal health problems

(Adapted from Fixsen, 2010)
WHERE NEXT: MI-CBT FOR MAINTAINING BEHAVIOUR CHANGE
<table>
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<tr>
<th>Maintenance Strategy</th>
<th>MI Integration</th>
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| **Managing the Goal Violation Effect**            | • Avoid the term relapse  
• Empathise with slips  
• Elicit change talk about maintenance  
• Consider an importance ruler  
• Explore discrepancy between values/goals and slips Emphasise adoption of new behaviors |
| **Flexible Goal Setting**                         | • Offer menu of options of short-term goals  
• Develop a change plan’ for maintenance  
• Consider a commitment ruler |
| **Identifying Triggers and Developing Coping Skills** | • Ask for permission before engaging in treatment tasks  
• Use Elicit-Provide-Elicit strategy when discussing rationales or providing information/advice  
• Consider rulers for treatment tasks. |
| **Supporting Self-Efficacy**                      | • Use affirmations instead of praise  
• Ask open-ended questions to elicit confidence statements  
• Consider an Affirmations Card Sort or a confidence ruler  
• Avoid the ‘false-hope syndrome.’ |
| **Increasing Social Support**                     | • Use MI skills to increase motivation for social skills training or to address ambivalence about engaging significant others  
• Include specific plans for social support in the change plan for maintenance  
• Consider addressing social support in each session in relation to specific treatment tasks. |
| **Using Extrinsic Reinforcers**                   | • Use of MI skills to elicit the identification of internal reasons for maintenance  
• Use Elicit-Provide-Elicit when discussing rationale  
• Present reinforcers as a menu of options to support autonomy. |
Information Sources


THANKS FOR LISTENING
SO YOU'RE TELLING ME

PEOPLE DRIVE TO THE GYM TO WALK ON THE TREADMILL?