

Motivation and Stages of Change



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Motivational Enhancement Therapy

- ▶ One of the goals of MET is to find positive replacements for use, not just to stop the problem behavior
- ▶ Is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence through the following five skills



Brian L. Burke, Hal Arkowitz, and Marisa Menchola. "The Efficacy of Motivational Interviewing: A Meta-Analysis of Controlled Clinical Trials." *Journal of Consulting and Clinical Psychology* 2003, Vol. 71, No. 5, 843–861. <http://www.ncbi.nlm.nih.gov/pubmed/14516234>

Hettema J, Steele J, Miller WR. Motivational Interviewing. *Annual Review of Clinical Psychology* Vol. 1: 91-111. April 2005. <http://www.annualreviews.org/doi/abs/10.1146/annurev.clinpsy.1.102803.143833?journalCode=clinpsy>

M.E.T. Principles

- **Maintaining Empathy**
- **Avoid Argumentation**
- **Building Self Efficacy**
- **Promoting Discrepancies**
- **Rolling With Resistance**



What is Empathy?

“Feeling with
people”

Tasks in Learning MET:

Miller, W.R. & Moyers, T.B. (2007). Eight stages in learning Motivational Interviewing. *Journal of Teaching in the Addictions*, (5), 3-17. Motivational Interviewing Network of Trainers, Training for New Trainers (TNT), Resources for Trainers, 2008.

- ▶ Overall spirit of MET
- ▶ Client centered-counselor driven
- ▶ Recognizing change talk
- ▶ Eliciting and strengthening change talk
- ▶ Rolling with resistance
- ▶ Developing a Change plan
 - ▶ (Functional Behavioral Analysis)
- ▶ Consolidating commitment
- ▶ Transition and blending

Communication: Directive

Directive Communication

- ▶ Explaining why
- ▶ Telling how
- ▶ Emphasizing importance
- ▶ Persuading

Common patient reactions

Angry	Afraid
Agitated	Helpless, overwhelmed
Oppositional	Ashamed
Discounting	Trapped
Defensive	Disengaged
Justifying	Not come back – avoid
Not understood	Uncomfortable
Procrastinate	Not heard

Guided Communication

Characteristics of guiding communication

- ▶ Respect for autonomy, goals, values
- ▶ Readiness to change
- ▶ Ambivalence
- ▶ Patient is the expert
- ▶ Empathy, non-judgment, respect

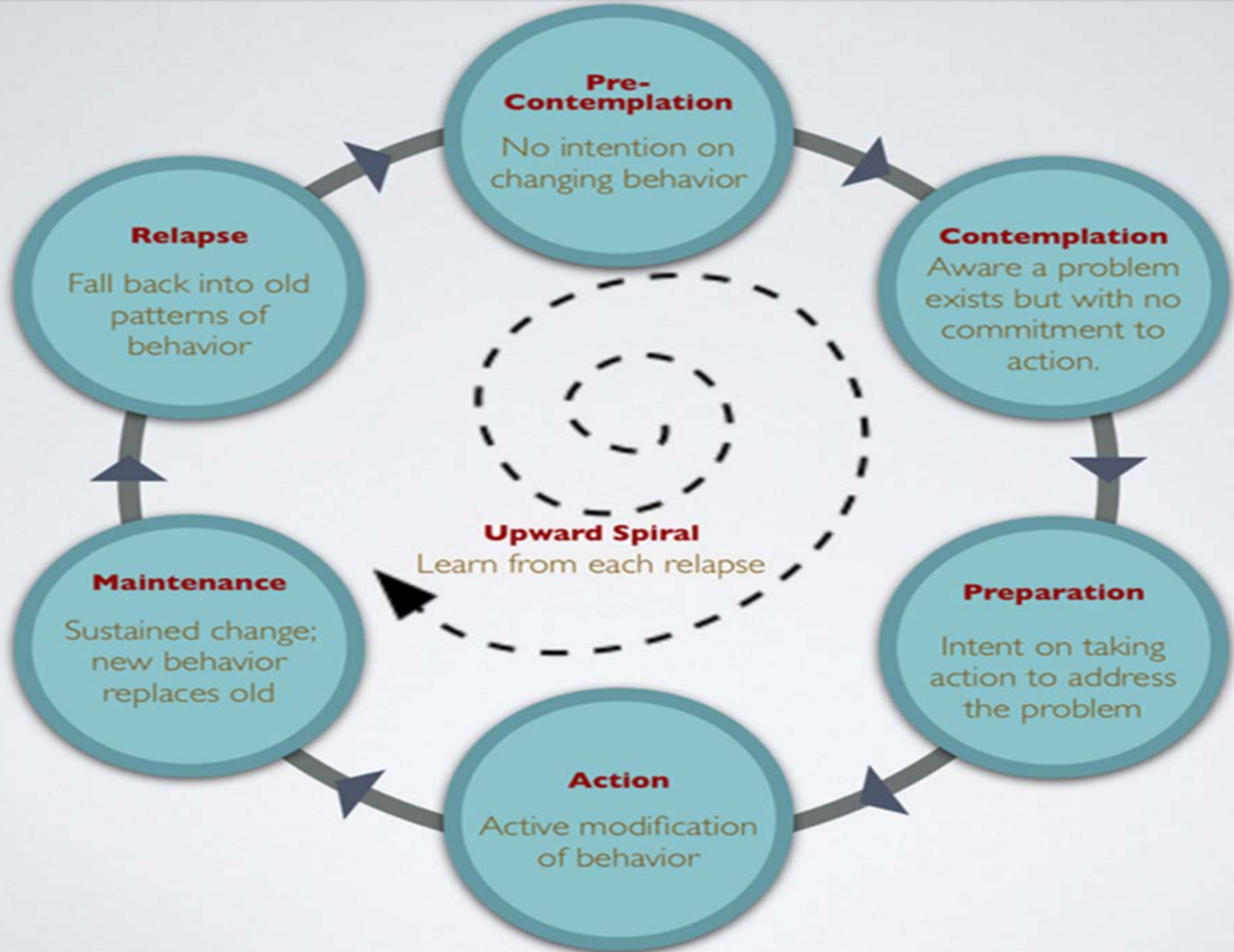


Stages of Change

Prochaska, J. O., & DiClemente, C. C. (1983). Stages and processes of self-change of smoking: Toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 51(3), 390-395.



The goal of Stages of Change is to motivate the client to move from one stage to the next



Here is a drunk bee

Suggested Resources

Mate, G. (2009). *In the realm of the hungry ghosts: Close encounters with addiction*. Berkeley, CA: North Atlantic Books.

Prochaska, J. O., & DiClemente, C. C. (1983). *Stages and processes of self-change of smoking: Toward an integrative model of change*. *Journal of Consulting and Clinical Psychology*, 51(3), 390-395.

Rollnick, S., Miller, W. R., & Butler, C. (2008). *Motivational interviewing in health care: helping patients change behavior*. Guilford Press.

Brave Heart Yellow Horse, M. (2004). *The historical trauma response among Natives and its relationship to substance abuse: A Lakota illustration*. In E. Nebelkopf & M. Phillips (Eds.), *Healing and mental health for Native Americans: Speaking in red*. (pp. 7-18). Walnut Creek: Alta Mira Press. Also in *Journal of Psychoactive Drugs*, 35(1), 7-13.

DiClemente, C. C., Schlundt, D., & Gemmell, L. (2004). Readiness and stages of change in addiction treatment. *American Journal on Addictions*, 13(2), 103-119.

Rollnick, S., & Miller, W. R. (1995). What is motivational interviewing? *Behavioral and cognitive Psychotherapy*, 23, 325-334.

Dunn, C., Deroo, L., & Rivara, F. P. (2001). The use of brief interventions adapted from motivational interviewing across behavioral domains: a systematic review. *Addiction*, 96(12), 1725-1742.

Prochaska, J. O., & Norcross, J. C. (2001). Stages of change. *Psychotherapy: Theory, Research, Practice, Training*, 38(4), 443.

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NPAIHB Resources:

<http://www.npaihb.org/opioid/#SUDTraining>