



## Motivational Interviewing in Clinical Trials

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## Learning Objectives



- Understand what MI is
- Review how MI works
- Identify key elements used in MI
- Understand the efficacy and effectiveness of MI
- Identify strategies for learning MI

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## WHAT IS MOTIVATIONAL INTERVIEWING?

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# History



**Clinical Section** *Behavioral Publications, 1981, 61, 107-112*

**Motivational Interviewing with Problem Drinkers**

**William R. Miller** *University of New Mexico*

Motivational interviewing is a special kind of conversation designed to help people find the reasons and the power to change. It is a collaborative, goal-oriented 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. It is a person-centered, directive method for enhancing intrinsic motivation to change by resolving ambivalence. It is a collaborative, goal-oriented 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. It is a person-centered, directive method for enhancing intrinsic motivation to change by resolving ambivalence.

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# Definition



- *“a collaborative, goal-oriented 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, 2013).*

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# Four Processes of MI




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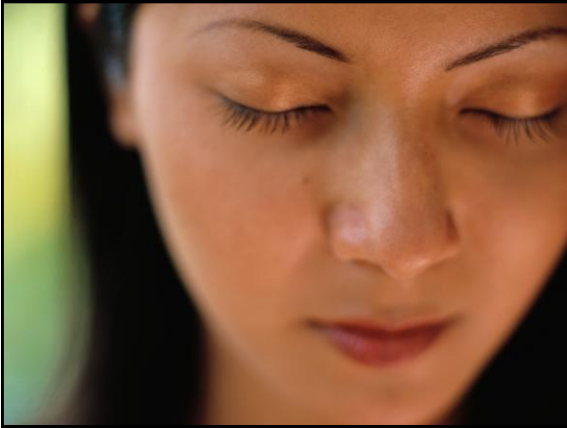
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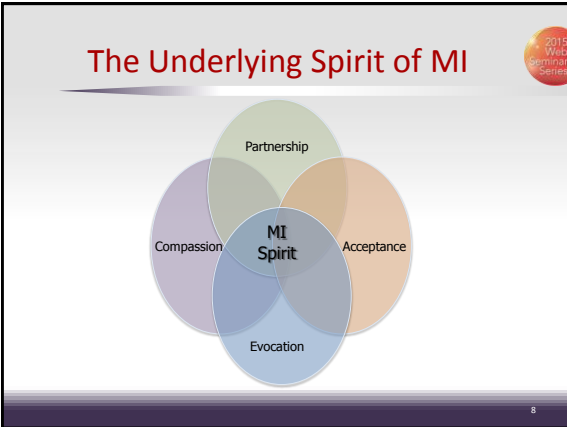
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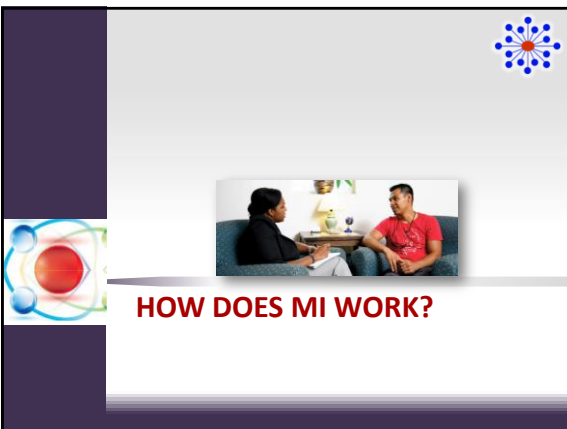
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## Relational and Technical Components

The diagram consists of two blue rectangular boxes. The left box is labeled 'Relational' and the right box is labeled 'Technical'. A blue double-headed arrow points between the two boxes, indicating a reciprocal relationship between the relational and technical components.

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## Relational Component

- Client-centered foundation
  - Clients have inherent “righting” resources
  - Clinician’s job is to enhance the client’s motivation, not create it from scratch
  - Therapists are useful to the extent that they create an experience in their interaction with the client that creates an opportunity for motivation to flourish
  - This is most likely when therapists are empathic, supportive of autonomy, collaborative, compassionate, and accepting

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- Client: “No offense, but why do I have to talk to you about this? You seem like a nice person, but I don’t think you have an idea how hard it is for me to give up drinking right now.”
- Therapist: “You’re wondering if I can understand what things are really like for you.” (High Empathy)

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- Client: “No offense, but why do I have to talk to you about this? You seem like a nice person, but I don’t think you have an idea how hard it is for me to give up drinking right now.”
- Therapist: “It might be hard for you to quit, but look at all you would gain. You only have one DUI – sometimes people don’t stop until they have 4 or 5. In some ways you are lucky.”  
(Low Empathy)

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### Technical Component

- Language Focus in MI
  - Human beings often create intentions and motivation to change through their social interactions with others
  - Language can create and consolidate intention when it occurs spontaneously in an empathic interaction with another person
  - It is the public, spontaneous, and interpersonal nature of this language that matters
  - In MI, we help people talk themselves into change

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### Language Focus in MI

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    graph LR
      A[Therapist Behaviors Consistent with MI] --> B[↑ Change Talk / ↓ Sustain Talk]
      B --> C[Outcomes]
      A --> C
  
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Interviewers attempt to increase and strengthen client language in favor of change (Change Talk) and decrease and weaken language in favor of the status quo (Sustain Talk)

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- **Client:** "I'm not an alcoholic but I do see some problems with my drinking. Like this DUI – I could have killed someone and ruined my own life. But I don't intend to give up cold beer for the rest of my life."
- **Therapist:** "Well, you are the only one who can decide what you might change about your drinking. No one can decide that for you. And as you think about it, you are finding some concerns."

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- **Client:** "I'm not an alcoholic but I do see some problems with my drinking. Like this DUI – I could have killed someone and ruined my own life. (Change Talk) But I don't intend to give up cold beer for the rest of my life." (Sustain Talk)
- **Therapist:** "Well, you are the only one who can decide what you might change about your drinking. No one can decide that for you. (Emphasize Autonomy). And as you think about it, you are finding some things that worry you." (Reflect Change Talk)

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**WHAT THERAPEUTIC ELEMENTS ARE USED IN MI?**

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Recognizing Change & Sustain Talk

Open Questions

Affirmations

Reflections

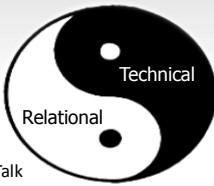
Summaries

Responding to Discord

Responding to Sustain Talk

Change Planning

Expert Advice and Information Giving



Evocative Questions & Reflections

Importance & Confidence Rulers

Exploring Goals and Values

Personal Strengths

Past Successes

Looking Back/Forward

Emphasizing Choice/Autonomy

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## Examples

1. I know I should come to see you more often. It's just that most of the time I can't get a ride.
2. I don't need to stop drinking. I need to cut down on my drinking, for sure. But I don't need to stop.
3. I don't want to go off on her. She just keeps going on about the past and shoving it in my face as if she wants me to hit her again.
4. That program might be good at helping some people, but not me. I can change by myself.

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### DOES MOTIVATIONAL INTERVIEWING WORK?

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### Meta-Analyses



- MI is one of the most researched psychotherapeutic approaches
- Consistently shows small to moderate clinically significant effects
- Effects generalize across a range of targeted behaviors
- Effectiveness trials show smaller effects than efficacy trials
- When performed well, it works well

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### HOW DO I LEARN MI?

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Direct Observation

Feedback      **Experiential Workshop or Seminar**      Coaching

On average, 3-4 feedback/coaching sessions totaling at least 5 hours of contact time over a 6-month period sustain skills among learners of MI (Schwalbe et al., 2014).

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## MI Integrity Rating Scales

- Motivational Interviewing Treatment Integrity (MITI 4.0) coding system
- Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency (MIA: STEP)
- Recent innovations under development
  - Client Evaluation of Motivational Interviewing (CEMI)
  - Computer program-based natural language processing models to replicate human coding

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## Online Learning

- Medscape Education
- SIMmersion Training Center
- ATTC Tour of MI

Click here for sample simulation:  
<https://training.simmersion.com/Launch/Free/e2011ae6-0e5b-4ed6-87d1-ed0ce9db0e4>

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## Credentiaing?

- There are no empirically based benchmarks of MI performance directly linked to client outcomes
- MINT Practitioner Certification Committee




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- Motivational Interviewing Network of Trainers ([www.motivationalinterviewing.org](http://www.motivationalinterviewing.org))
- Established 1993
- Over 800 individuals “minted”
- Representing over 20 countries
- Training of Trainers
- Annual Forums




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## Books

Miller, W.R., & Rollnick, S. (2013). *Motivational Interviewing: Helping People Change* 3rd edition (New York, Guilford Press).

Arkowitz, H., Westra, H. A., Miller, W. R., & Rollnick, S. (2008). *Motivational Interviewing in the Treatment of Psychological Problems*. Guilford Press, New York.

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## Questions / Comments



Alternatively, questions can be directed to the presenter(s) by sending an email to CTNtraining@emmes.com.

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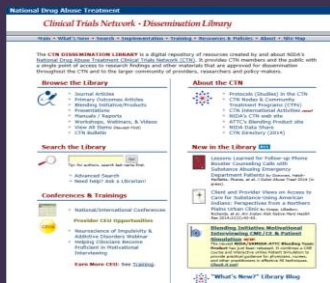
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<http://ctndisseminationlibrary.org>



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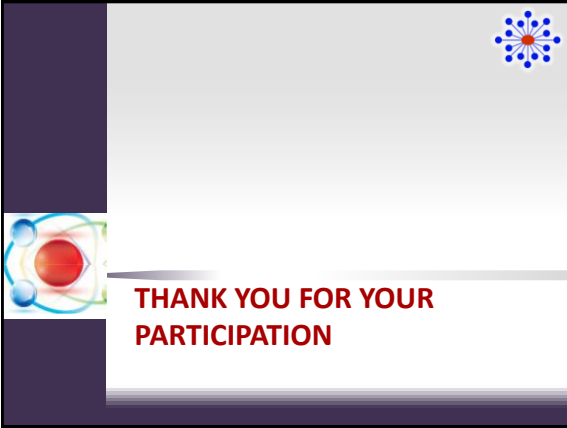
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