



Motivational Interviewing:
A tool to help resolve ambivalence in
those with substance use disorder

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No Disclosures

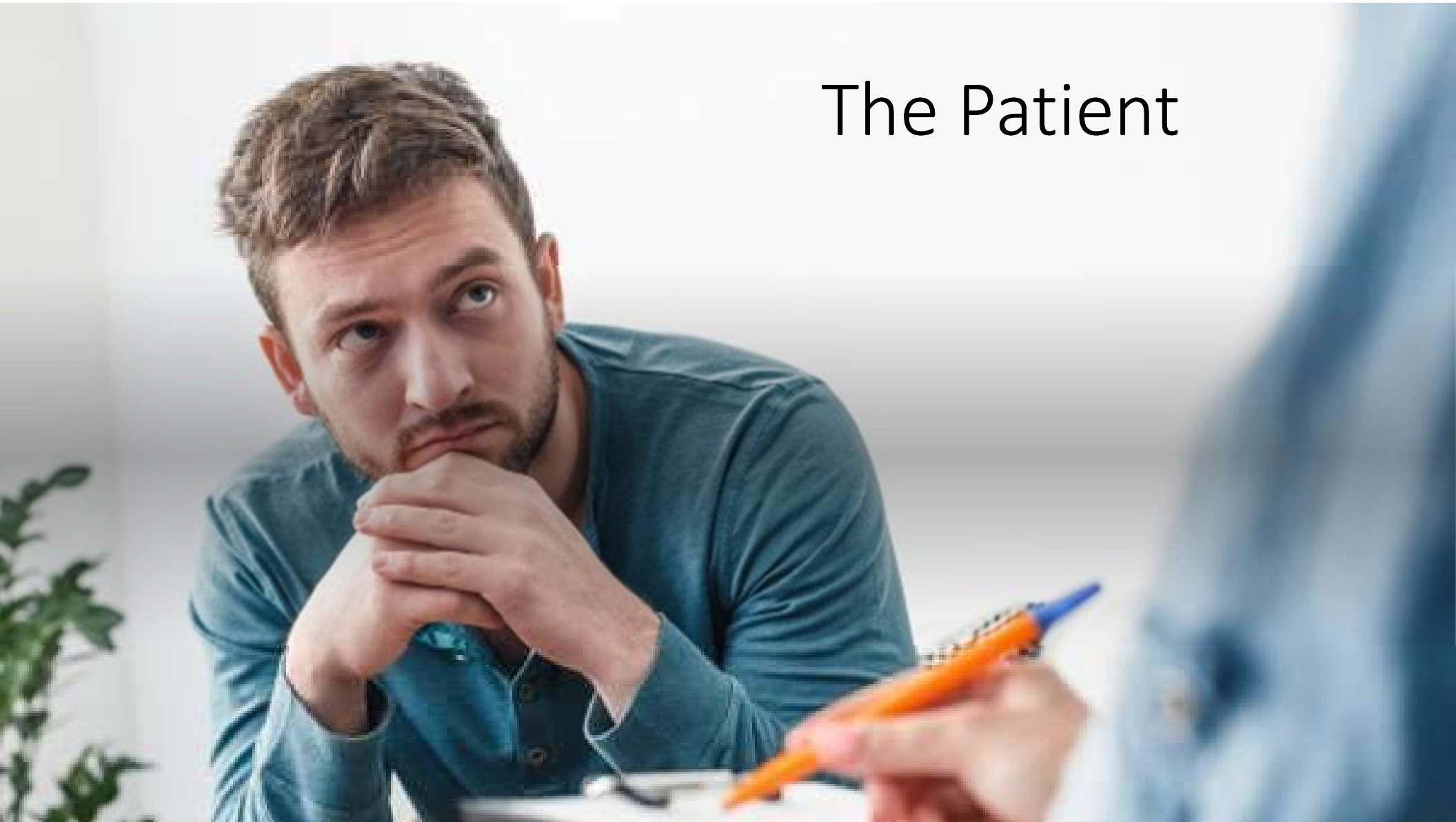


Learning Objectives

Describe motivational interviewing and its role in addressing ambivalence in the healthcare setting

Discuss the techniques of motivational interviewing to elicit change talk in a patient with substance use disorder

The Patient





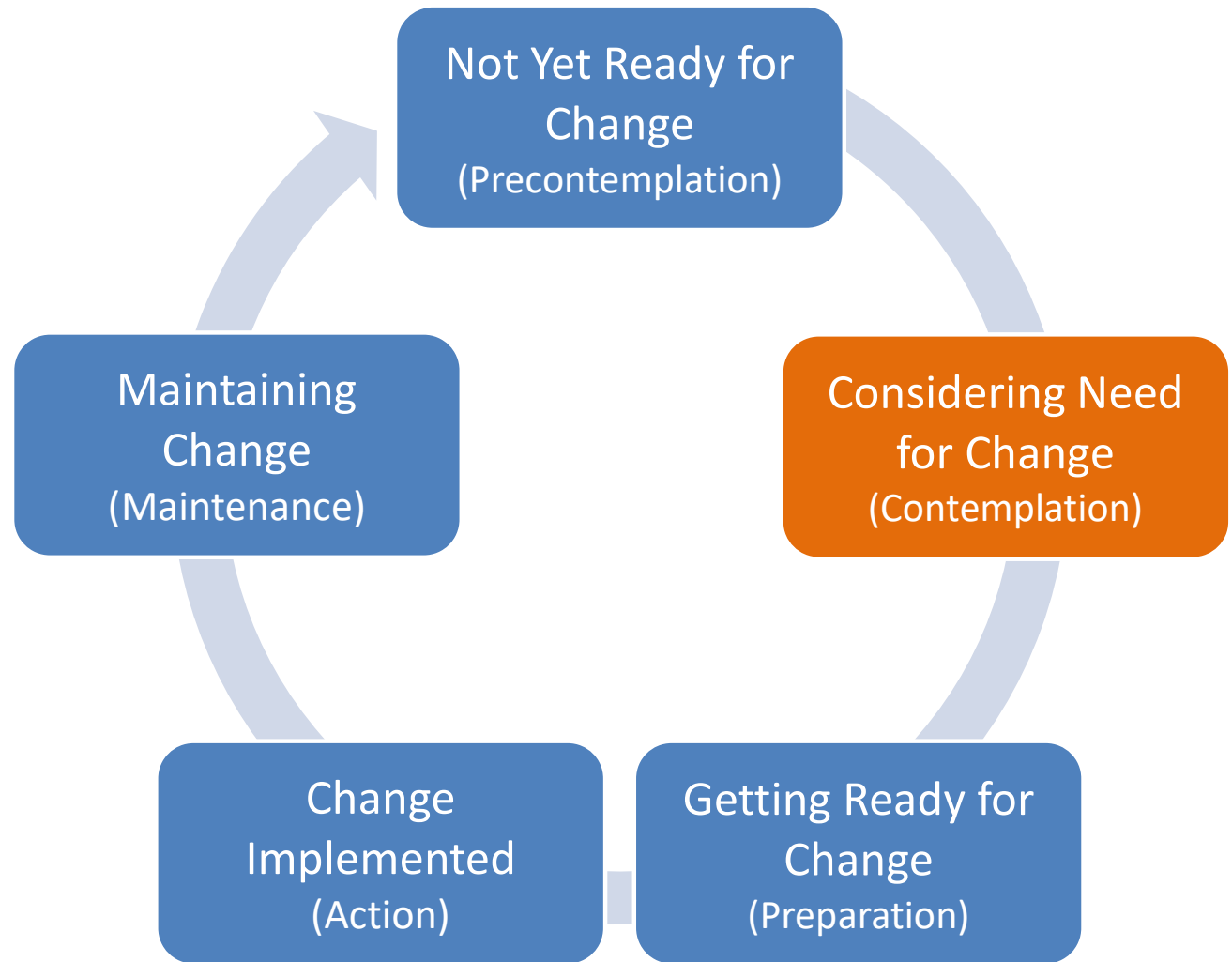
Ambivalence

“I know I need to cut down my drinking, but when I’m around my friends it’s just too easy to drink.”

“I don’t want to use anymore, but I’ve tried everything and nothing works.”

“I want to get better to be there for my family, but my anxiety is just out of control.”

Stages of Change Model





Motivational Interviewing

A conversation about change

William Miller, PhD and
Stephen Rollnick, PhD

Motivational Interviewing

“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, p. 29)



Motivational Interviewing

A patient-centered counseling style

Addresses the patient's ambivalence

Elicits and strengthens change talk

Helps shape attitude through speech

Develops discrepancies between words and action

Motivational Interviewing Processes

Planning

Evoking

Focusing

Engaging

Perspective of partnership, acceptance, compassion, evocation

Sustain Talk



Change

I don't want to stop using.

I need my pills to cope with life.

Change Talk



Change

I must stop using or I'm going to lose my job.

I need help to stop using.



Approaching a Patient with Substance Use Disorder

Listen and interact: OARS

- **O**pen-ended questions
- Personal **A**ffirmations
- Listen and engage in **R**eflections
- Provide **S**ummaries

Motivational Interviewing OARS

Open-ended questions

Can you tell me more about how drinking affects your marriage?

Personal affirmations

You are determined to avoid situations where you might be tempted to drink.

Listen and engage in reflections

You are wondering if it is possible for you to cut down your alcohol use.

Provide summaries

You have expressed concern about your children and how your actions have affected them.



Initial Conversation

Provider: How do you view your current alcohol use?

Patient: It's a way for me to feel calm and deal with all the stress in my life.

Provider: I'm hearing you say you like how drinking makes you feel. You feel calmer, and your stress disappears for a while. Are there any reasons why you would want to make a change with your alcohol use?

Patient: My wife says I become more irritable when I drink, causing arguments between us. I don't like fighting with her.

Provider: So, on the one hand, drinking relieves stress and on the other hand it causes conflict between you and your wife.

Motivational Interviewing – Pearls



Brief interactions can be effective



Helps resolve ambivalence



Change is promoted through conversation



Provides an alternative to confrontational approach

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