



ADRIAN OWEN WILLIAMS  
CLINICAL NURSE SPECIALIST  
CAMHS/YOUTH OFFENDING  
TEAM

The background of the slide features a dark blue field with several overlapping, concentric circles in a lighter shade of blue. The circles are centered around the text and vary in size, creating a subtle, geometric pattern.

# MOTIVATIONAL INTERVIEWING WITH ADOLESCENTS



# WHAT IS MOTIVATIONAL INTERVIEWING ?

“MI”

# TREATMENT OF PROBLEM DRINKERS

BEHAVIOURAL PSYCHOTHERAPY  
– MILLER (1983)

CLINICAL PROCEDURES – MILLER  
AND ROLNICK (1991)

**THEORETICAL BASIS IS BASED ON  
STAGES OF CHANGE MODEL – PROCHASKA AND  
DiCLEMENTE (1982)**

- PRECONTEMPLATION
- CONTEMPLATION
- PLANNING
- ACTION
- MAINTENANCE

# **BEST CURRENT DEFINITION**

*MOTIVATIONAL INTERVIEWING IS A DIRECTIVE, CLIENT-CENTRED COUNSELLING STYLE FOR ELICITING BEHAVIOUR CHANGE BY HELPING CLIENTS TO EXPLORE AND RESOLVE AMBIVALENCE*

COMPARED WITH NONDIRECTIVE COUNSELLING, IT IS MORE FOCUSED AND GOAL DIRECTED. THE EXAMINATION AND RESOLUTION OF AMBIVALENCE IS ITS CENTRAL PURPOSE, AND THE COUNSELLOR IS INTENTIONNALLY DIRECTIVE IN PURSUING THIS GOAL.

## **SPIRIT OF MI (MILLER AND ROLNICK)**

Motivation to change is elicited from the client, and not imposed from without

It is the clients task, not the counsellor's, to articulate and resolve his or her ambivalence

Direct persuasion is not an effective method for resolving ambivalence

The counselling style is generally a quiet and eliciting one

The counsellor is directive in helping the client examine and resolve ambivalence

Readiness to change is not a client trait, but a fluctuating product of interpersonal interaction

The therapeutic relationship is like a partnership

# SPECIFIC THERAPIST BEHAVIOURS

- Seeking to understand the person's frame of reference
- Expressing acceptance and affirmation
- Eliciting and selectively reinforcing the client's own self motivational statements of expressions of problem recognition, concern, desire and intention to change, and ability to change
- Monitoring the client's degree of readiness to change
- Affirming the client's freedom of choice and self direction

**F FEEDBACK**

**R RESPONSIBILITY**

**A ADVICE**

**M MENU**

**E EMPATHIC**

**S SELF-EFFICACY**

The background features a dark blue field with a pattern of concentric circles and a grid of thin, light blue lines. The text is centered and reads:

ADAPTED FOR  
ADOLESCENT  
OFFENDERS WITH  
ANTI SOCIAL  
BEHAVIOURAL  
PROBLEMS

# THE PRINCIPLES FOR CHANGE – MI

- ❖ To understand his or her thought processes related to the problem
- ❖ To identify and measure the emotional reactions to the problem
- ❖ To identify how thoughts and feelings interact to produce patterns of behaviour
- ❖ To challenge his or her thought patterns and implement alternative behaviours

# **MOTIVATIONAL STRATEGIES**

- **GIVING ADVICE**
- **REMOVING BARRIERS**
- **PROVIDING CHOICE**
- **DECREASING DESIRIBILITY**
- **PRACTISING EMPATHY**
- **PROVIDING FEEDBACK**
- **CLARIFYING GOALS**
- **ACTIVE HELPING**

# CREATING THE CONDITIONS FOR CHANGE

1. EXPRESS EMPATHY
2. AVOID ARGUMENT
3. SUPPORT SELF-EFFICACY
4. ROLL WITH RESISTANCE
5. DEVELOP DISCREPANCY

# HOW TO DO IT

1. Establish rapport
2. Setting the agenda
3. Assessing readiness to change
4. Sharpening the focus
5. Identifying ambivalence
6. Eliciting self-motivating statements
7. Handling resistance
8. Shifting the focus