

MOTIVATION TO CHANGE

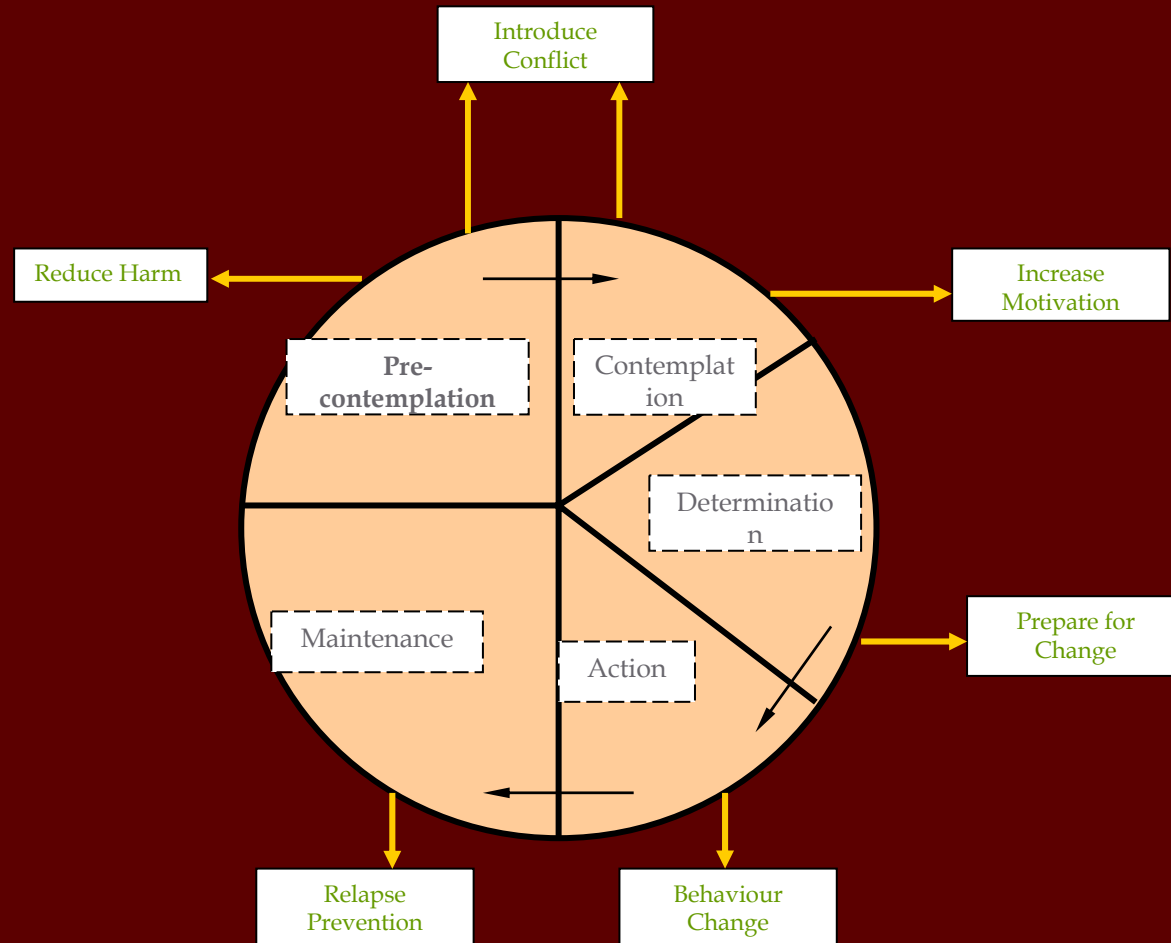
Dual Diagnosis Network
04/12/09

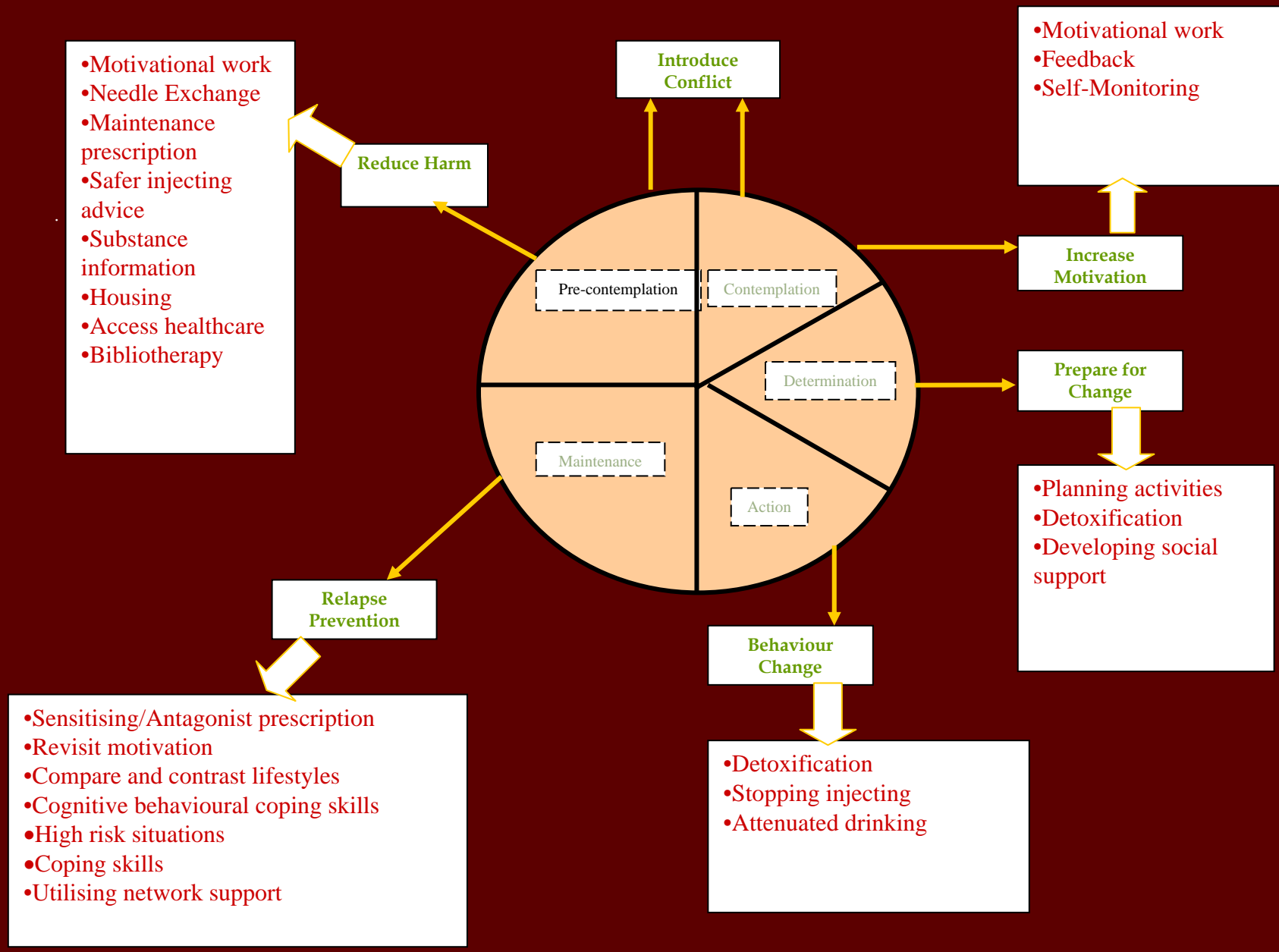
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Group Exercise

- What approaches have you seen that don't work when trying to help people to change their behaviour?

Matching Interventions to Stages of Change





What is Motivation?

- ▣ A predisposition to act in a particular way
- ▣ Motivational Interviewing:- “A directive client centred counselling style for eliciting behavioural change by helping clients to explore and resolve ambivalence”

Rollnick, S. & Miller, W. R. (1995) What is motivational Interviewing? Behavioural and Cognitive Psychotherapy. 23, 325 - 334

Examples

- ▣ Gym membership
- ▣ Dieting
- ▣ Motivation fluctuates.....



Principles of MI

- ▣ Develop discrepancy
- ▣ Express empathy
- ▣ Roll with resistance
- ▣ Support self efficacy

Skills

▣ Open ended questions

▣ Affirmation

▣ Reflective listening

▣ Summarising

Techniques

- ▣ Decisional balance – benefits / concerns
- ▣ Extremes – main benefit / concerns
- ▣ Self regulation – current self v potential self
- ▣ Looking forward / back
- ▣ Health beliefs
- ▣ Feedback
- ▣ Paradox

- ▣ **FACTS, THOUGHTS & FEELINGS**

CASE 1

- ▣ Phillip – 37 years old
- ▣ Schizophrenia
- ▣ Several previous admissions
- ▣ Olanzapine 20mg - irregular

CASE 2

- ▣ Peter – 47 years old
- ▣ Depressive symptoms with suicidal ideas
- ▣ Admission to acute ward
- ▣ 1 litre vodka daily