

Empower Idaho 2022

Peer Support Conference Series

Mental Health Diagnosis and Treatment

September 21, 2022

Welcome!

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INTRODUCTION TO MOTIVATIONAL INTERVIEWING

Presented by Kyle Davis, PhD



PRESENTER BIO: KYLE DAVIS, PHD (HE/HIM)

- 2006: BS from Oklahoma State University
- 2008: MS from University of Colorado, Boulder
- 2012: Clinical Internship at UCSD Department of Psychiatry
- 2013: PhD from University of Colorado, Boulder
- 2013: Post-Doctoral Fellowship at Boise VA
- 2016: Started Insomnia clinic at St. Luke's
- 2019: Joined St. Luke's Lifestyle Medicine team
- 2021: Launched Confluence Health Psychology PLLC



OVERVIEW OF PRESENTATION



Part 1

Spirit and History of MI



Part 2

Engagement and Listening



Part 3

Core Interviewing Skills
and Exploring Values



Part 4

Evoking Intrinsic
Motivation and
Supporting Change

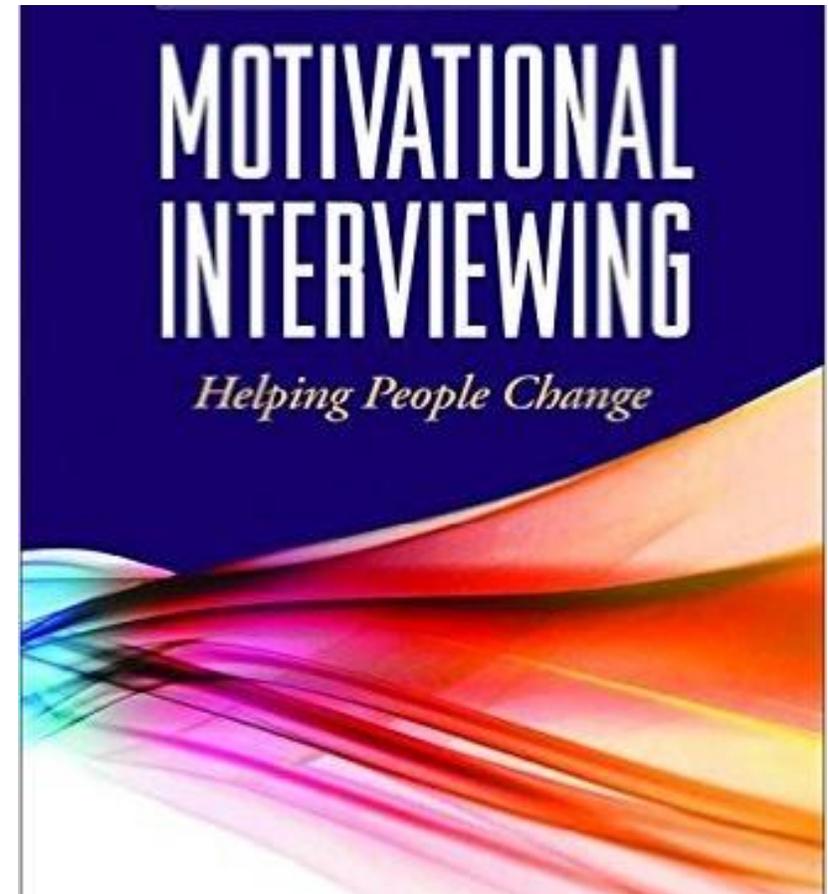
PART I: SPIRIT AND HISTORY OF MI

Objectives:

Understand definition of motivational interviewing

Understand factors associated with behavior change

Understand how common communication styles in healthcare affect behavior change



DEMONSTRATION

- I'm a new peer support specialist and I'm eager to help my peer cope with his symptoms of depression and avoid losing his rental
- I'm going to help convince my peer he needs to change his behavior by listing reasons, telling him how important it is, and telling him what steps he needs to take
- Imagine yourself in your peer's position and monitor your reaction

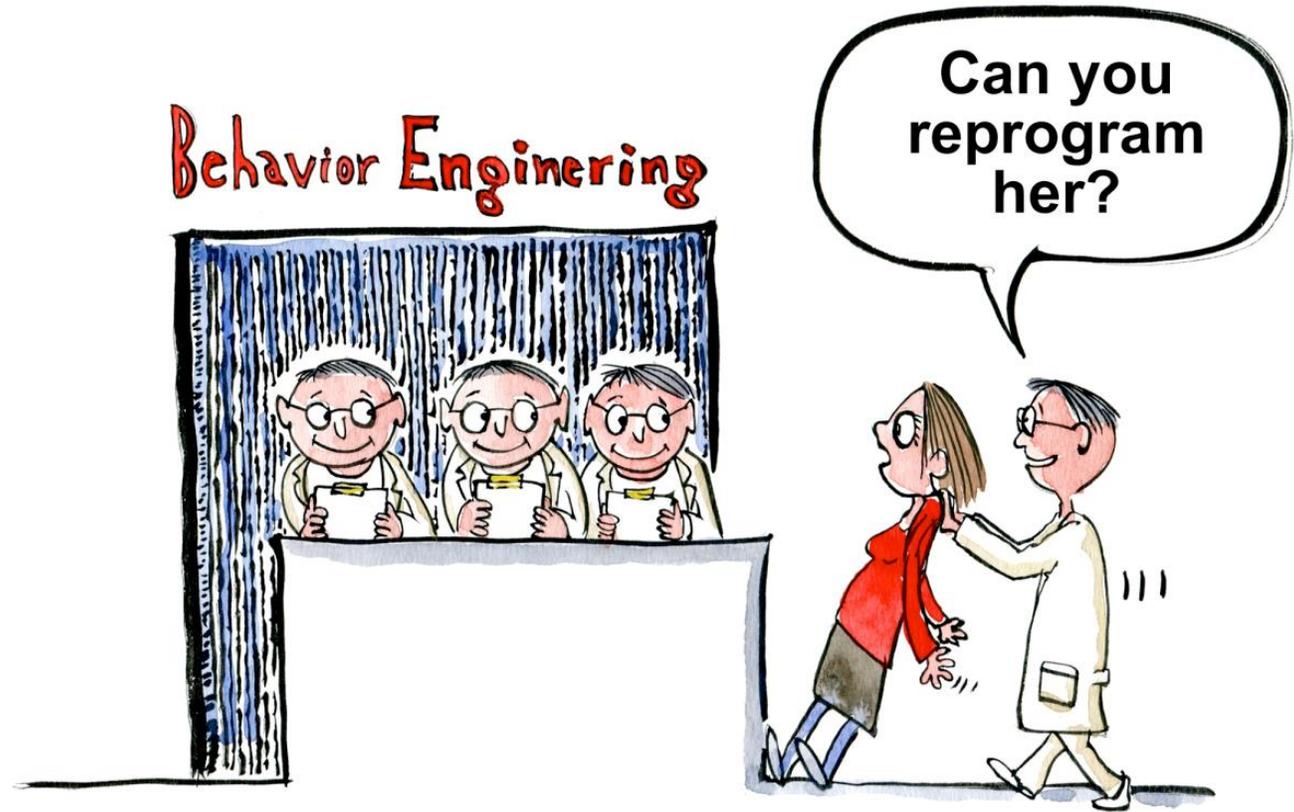


DEMONSTRATION
PART 2

Peer: What was your reaction to the activity? Do you feel more or less likely to change the behavior now?

Now I will model some skills from MI, notice any differences in your reaction

WHAT IS
MOTIVATIONAL
INTERVIEWING?



By HikingArtist.com

WHAT IS 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

FOUR PROCESSES OF MI

Engaging

Focusing

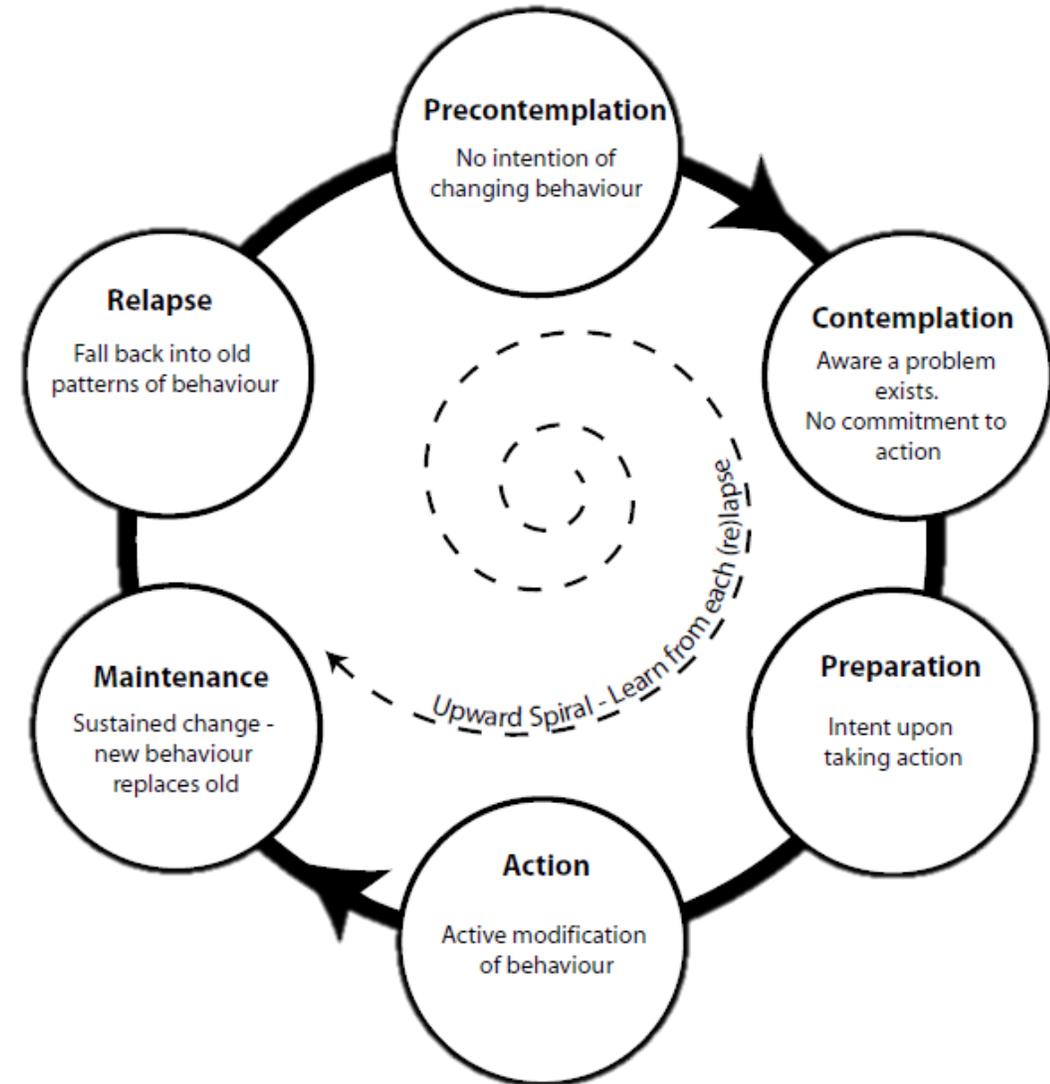
Evoking

Planning

HISTORY OF MOTIVATIONAL INTERVIEWING

- Developed in 1983 as an intervention for alcohol dependence
- Has expanded to almost all aspects of healthcare
- Efficacy in numerous applications ranging from the promotion of study habits, dental hygiene, and reducing A1C levels in diabetes

STAGES OF CHANGE



BEHAVIOR CHANGE IN HEALTHCARE (AND LIFE)

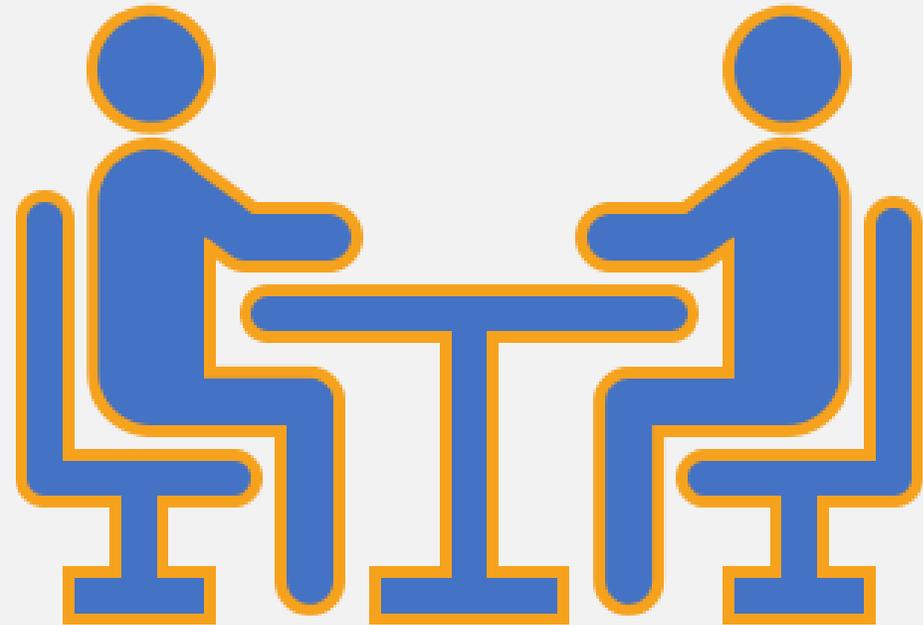
How Do People Typically Try to Help Others Change Behavior?

- Give advice
- Give orders
- Provide information/handouts
- Scare patients
- Provide empathy/support



BEHAVIOR CHANGE

- What strategies have you used to help peers/friends change behavior?
- What do you think are the most important factors in helping someone change a behavior?



BEHAVIOR CHANGE

Why Do People Change Behavior?

- Intrinsic motivation
- Extrinsic motivation
- Self-efficacy to change behavior



I NEED YOU TO BE OPEN-MINDED ABOUT THIS IDEA.



OH, REALLY?



THAT'S THE SORT OF THING PEOPLE SAY BEFORE THEY DESCRIBE THE WORST IDEA IN THE HISTORY OF THE WORLD.



MY IDEA IS TO **NOT** GIVE ME A RAISE.



I'M HATING YOU A LITTLE EXTRA.



ert.com DilbertCartoonist@gmail.com

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WHAT MOTIVATIONAL INTERVIEWING IS NOT

- Reverse psychology
- A strategy to make people do what we want
- Something you do to another person



PART 2: ENGAGEMENT AND LISTENING

Objectives:

Understand aspects of peer engagement and disengagement

Understand how to use reflective listening



ENGAGEMENT FROM PEER'S PERSPECTIVE

Imagine that you are a peer meeting with a new peer support specialist. What factors would help you feel engaged with them?

Questions a peer may ask themselves

Do I feel respected?

Does my peer support specialist listen to and understand me?

Do I trust this person?

Do I have a say in what happens in our meeting?



HOW DO YOU KNOW IF YOUR PEER IS ENGAGED IN THEIR RECOVERY?

- What do you notice about peers engaged in their recovery?
- a mutually trusting and respectful helping relationship
- Agreement on recovery goals
- Collaboration on mutually negotiated tasks to reach these goals

COMMON TRAPS THAT LEAD TO PEER DISENGAGEMENT

- Assessment oriented conversation
- Taking an expert role and prescribing change
- Premature focus
- Labeling
- Blaming
- Chatting





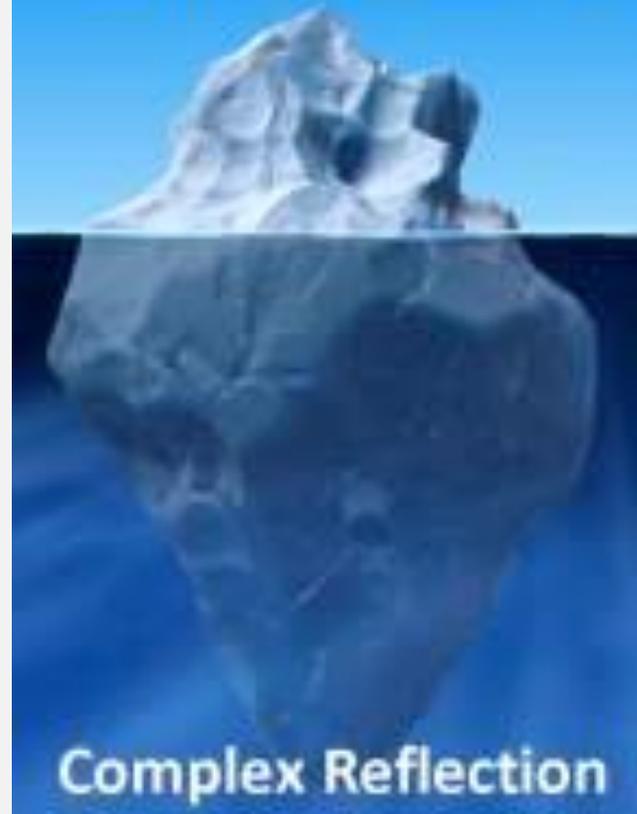
LISTENING

- How do you know if someone is listening to you?
- How do you know if you are listening to someone else?
- Goal of reflective listening in process of engagement with peer is to help them feel understood and form an alliance with them

REFLECTIVE LISTENING

- Essence of a reflective listening response is a statement that makes a guess as to what a person means
- Reflections vary in depth from simple repetition to complex reflections and “continuing the paragraph”
- Those skillful in MI offer 2-3 reflections on average per question asked. Questions typically outnumber reflections 10 to 1

Simple Reflection



They are really on your case about coming to a support group.

It wasn't your idea to come to group, and you're not sure this is going to be at all helpful to you.

Complex Reflection

PART 3: CORE INTERVIEWING SKILLS AND EXPLORING VALUES

Objectives:

Identify and understand how and why to use core interviewing skills (OARS)

Understand importance and utility of identifying peer values



CORE INTERVIEWING SKILLS

- Open-ended questions
- Affirming
- Reflecting
- Summarizing





OPEN-ENDED QUESTIONS

What are the benefits of asking open vs. closed questions?

Open questions invite a person to think before responding and allows for self-expression. They often lead to additional information that can be helpful

Closed questions can disengage peer and may miss important information.

AFFIRMATIONS

Affirmations recognize and acknowledge that which is good including the individual's inherent worth as a fellow human being

Affirmations provide support and encouragement

Good affirmations are different than praising and typically start with "you" and not "I"



KEEP
CALM
AND
USE AN
AFFIRMATION

SUMMARIES

- Summaries are reflections that pull together several statements a peer has made
- Summaries allow you to focus on your peer's strengths and highlight specific aspects of the conversations
- Summaries also allow peers to hear their experience in a more comprehensive way and see the “forest” instead of specific “trees”
- Summaries can be *collecting, linking, or transitional*

EXPLORING VALUES AND GOALS

- Understanding someone's values and goals is essential to *knowing* them
- People are often living inconsistently with their values and long-term goals
- Identifying these discrepancies nonjudgmentally can help facilitate intrinsic motivation



PART 4: EVOKING
INTRINSIC MOTIVATION
AND SUPPORTING CHANGE

Objectives:

Understand difference
between sustain talk and
change talk

Learn strategies to elicit
change talk

Sustain Change



WHAT IS AMBIVALENCE?

- Ambivalence: the state of having mixed feelings or contradictory ideas about something or someone
- What are some examples of ambivalence when working with peers?



PROVIDER GOAL WHEN USING MI



- Help patient explore and resolve ambivalence about behavior change by eliciting change talk

WHAT IS CHANGE TALK?

Change talk is any self-expressed language that is an argument for change

PREPARATORY CHANGE TALK

- **D**esire
- **A**bility
- **R**easons
- **N**eed

MOBILIZING CHANGE TALK

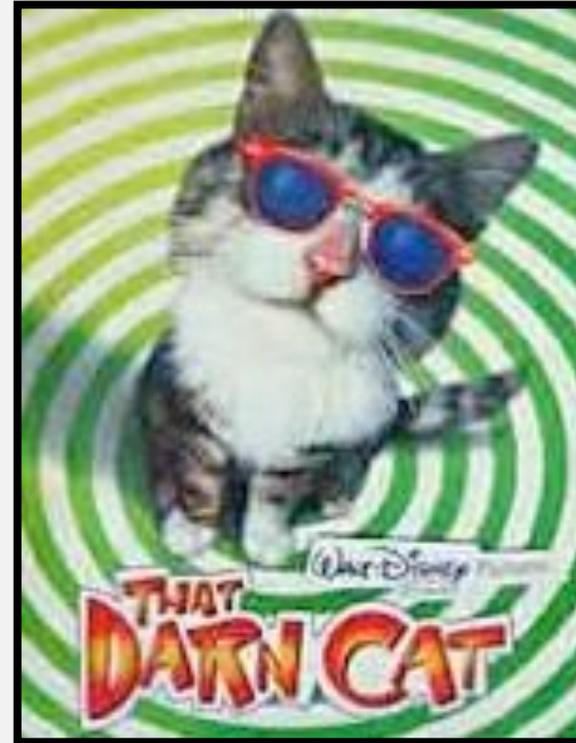
- **C**ommitment
- **A**ctivation
- **T**aking steps

WHAT IS SUSTAIN TALK?

- Your peer's stated reasons not to change or to maintain the status quo
- Use skills from MI to steer your peer away from sustain talk
- Behavior change is directly associated with increased change talk and decreased sustain talk

EVOKING CHANGE TALK

- Ask open-ended questions for which change talk is the answer
- Keep DARN CAT in mind and ask questions that address these areas





EVOKING CHANGE TALK

- **Ask about extremes**
 - What are the worst things that could happen if you stay like this?
- **Look into the past and future**
 - How did/would you feel when you were/weren't ___?
- **Explore goals and values**
- **Use an importance ruler**
 - How important is it to you X on a 0-10?
 - Why are you X and not a ___?
- **How would behavior X affect value Y?**

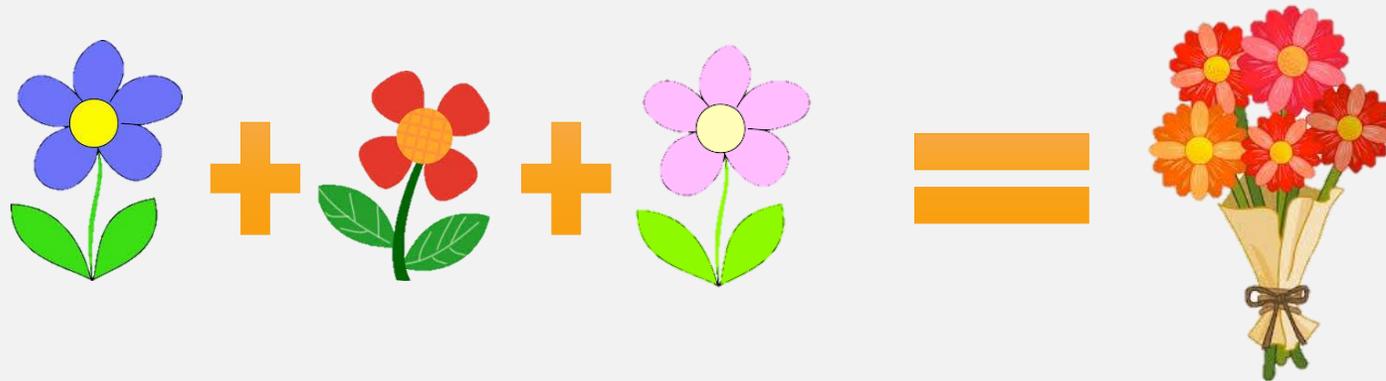
INDICATIONS FOR PLANNING

- Increased preparatory change talk (DARN)
- Moving from contemplation to preparation stage of change
- Mobilizing change talk (CAT)
- Diminished sustain talk
- Resolve
- Envisioning
- Questions about change



STRATEGY TO TRANSITION FROM EVOKING TO PLANNING

Recapitulation: a transitional collecting summary of all the change talk that your peer has provided thus far



Key questions: “So where does all this leave you?”

- “So what are you thinking about X at this point?”
- “I wonder what you may decide to do.”

DYNAMICS OF PLANNING IN SPIRIT OF MI

- Watch out for righting reflex
- Stay attuned to how peer is responding i.e. change vs. sustain talk
- Don't get ahead of peer's readiness to develop and commit to a change plan
- Goal is to elicit change plan FROM peer

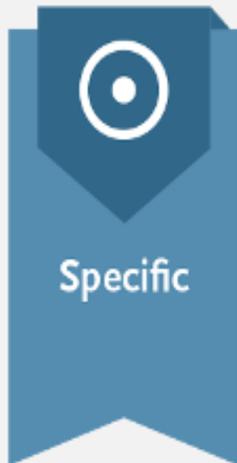


HELPING PEERS SET GOALS

- Set short-term, intermediate, and long-term goals
- Focus on goals that are quantifiable
- Set goals that increase success and support self-efficacy
- Set goals that are accomplishment and/or pleasure oriented

SETTING SMART GOALS

S



Specific

M



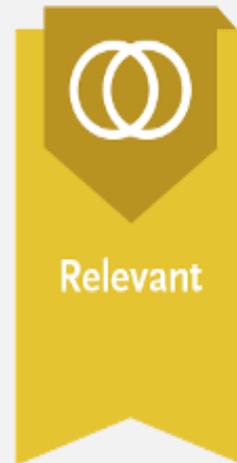
Measurable

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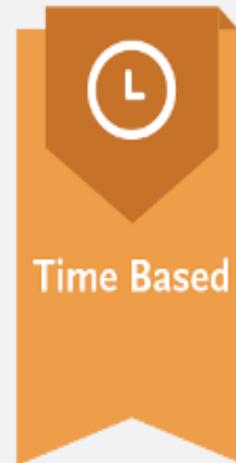
Attainable

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Relevant

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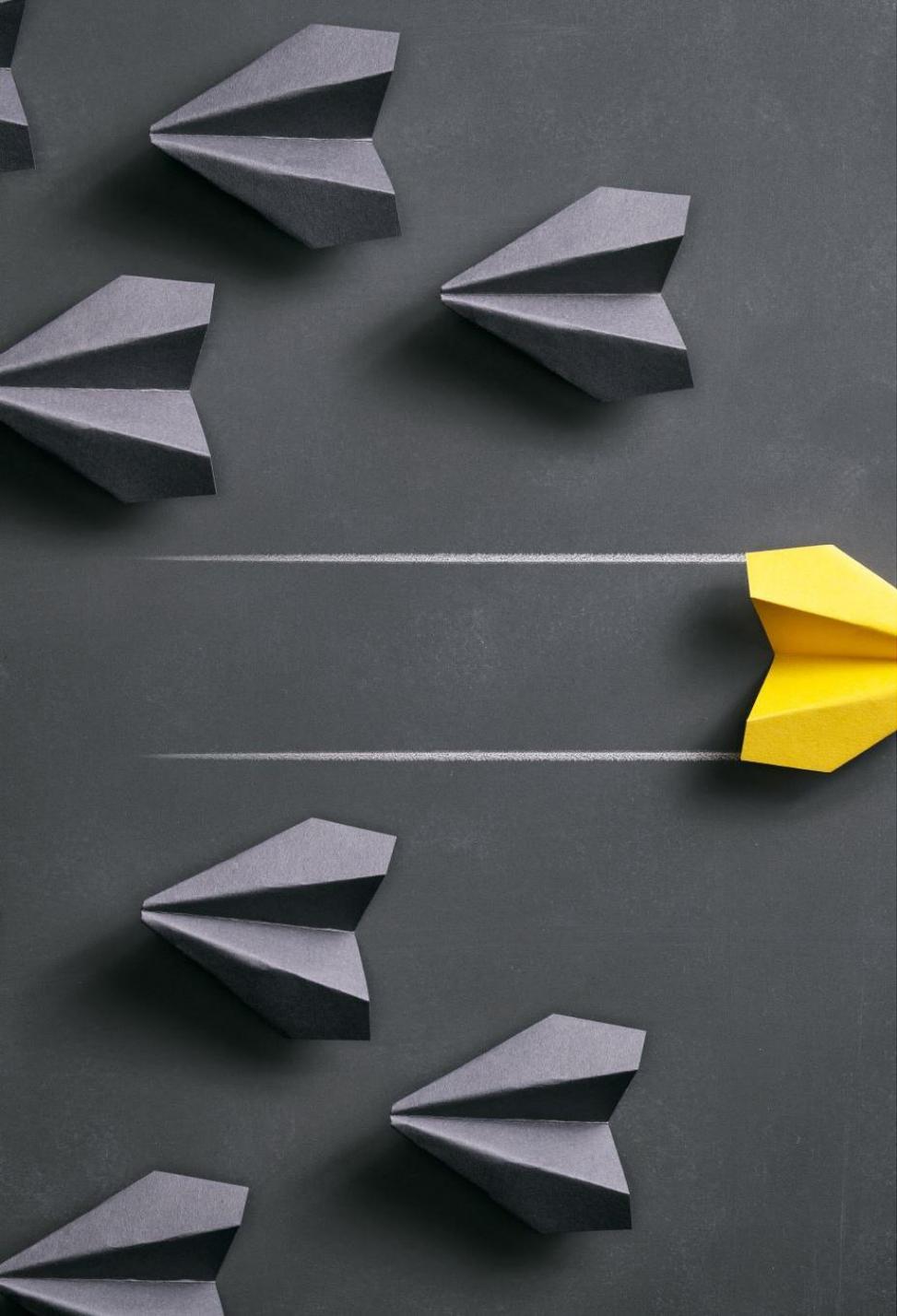


Time Based

SCHEDULING ACTIVITIES

- Once goal is set, schedule activities to achieve goal
- Identify specific times and locations
- Use environmental and social contingencies when scheduling activities to increase social reinforcement and accountability
- Help peer find group activities, plan activity with friends, sign up for event, etc.





STRUCTURING ACTIVITIES

- Break activity into as small as steps necessary
- What does peer need to participate?
- How will they get there?
- Who will they go with?
- Sequence steps accordingly
- Be as realistic as possible and work with peers to imagine potential barriers

FOUR PROCESSES OF MI REVIEW

Engaging

Focusing

Evoking

Planning

THANK YOU!

- Feel free to contact me at kyledavisphd@gmail.com with any questions!

REFERENCES

- Content adapted from Miller, W.R. & Rollnick, S. (2012). Motivational Interviewing: Helping People Change, 3rd Edition.