Developments in Motivational Interviewing – how have these affected practice?

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Developments in Motivational Interviewing – how have these affected practice?

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History of MI

- Emerged initially from William Miller’s interactions with Norwegian psychologists specialising in alcohol problems
- First appearance of MI within academic literature in 1983
- Miller then collaborated with Stephen Rollnick to produce *Motivational Interview: Preparing People to Change Addictive Behaviour*
“Motivational Interviewing is a person-centred counselling style for addressing the common problem of ambivalence about change”

(Miller & Rollnick, 2012, p.29)
The evolution of MI
The Transtheoretical Model (TTM)
Ten things that MI is not (Miller & Rollnick, 2009)

- Distanced MI from the TTM
- “TTM is intended to provide a comprehensive conceptual model of how and why changes occur, whereas MI is a specific clinical method to enhance personal motivation for change” (p.130)
- Placed much greater focus on the spirit of MI
The Spirit of MI

Collaboration

Compassion

Acceptance

Evocation

1991 - not defined
2002 - autonomy, collaboration, evocation
Processes of MI

- Engaging
- Focusing
- Evoking
- Planning
Skills of MI - OARS

• Open-ended questions
• Affirmations
• Reflections
• Summaries

Change talk
(statements by the client revealing consideration of, or motivation for change)
Effectiveness/efficacy of MI

• Number of randomised trials approaching 750
• Evidence of efficacy across wide range of domains
• Lots of evidence that it works… attention beginning to focus on how
Mechanisms for change

Therapist behaviours
- Empathy
- MI Spirit
- Reflections
- Open questions
- MI consistent/inconsistent practice

Client behaviours
- Change talk
- Sustain talk
- Self-efficacy
- Self-monitoring
- Stage of change
- Motivation
- Planning

Client behaviours
- Therapeutic alliance
- Commitment strength
- Perceived behavioural control

Assessing proficiency and the Motivational Interviewing Treatment Integrity (MITI) scale

- Allows robust judgements about proficient practice
- Provides opportunities for practitioner development
But…

• Hard to assess
• Hard to achieve proficient practice (“MI is not easy” – Miller & Rollnick, 2009)
• Proficiency on MITI not significantly correlated with client evaluations (Madson et al, 2016)
• Constantly changing – developments to MITI reflect theoretical instability
So where does this leave us as practitioners?

• How are we understanding and using MI within a range of diverse applied contexts?
• Which aspects and elements of MI guide our practice?
• Is there anything which would help us understand or use MI more effectively?
Survey link:

- [https://mmu.eu.qualtrics.com/jfe/form/SV_7TL3PfdmFBS2CRT](https://mmu.eu.qualtrics.com/jfe/form/SV_7TL3PfdmFBS2CRT)