

Conversations that Change

Using Motivational Interviewing in the Courtroom

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Learning Objectives

- Participants will review the substance use continuum
 - Participants will learn about Prochaska's Transtheoretical Model to conceptualize the process of intentional behavior change (Pre Contemplation, Contemplation, Preparation, Action, and Maintenance)
 - Participants will learn about and practice using interventions for change using motivational interviewing techniques that are culturally competent and participant-centered
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What are substance use disorders?

Overview of the substance use continuum

A Biopsychosocial Phenomenon

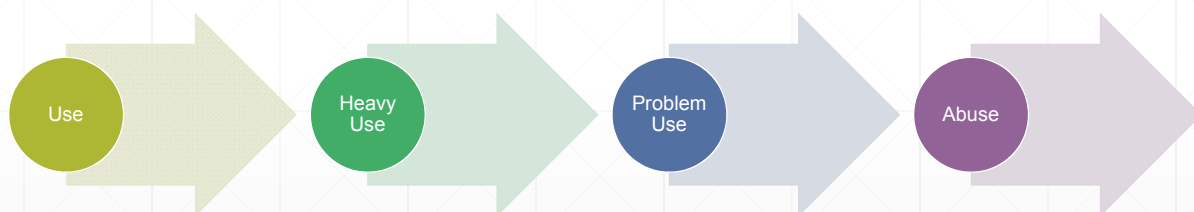
“A biopsychosocial perspective recognizes that biological, psychological and social factors . . . all intertwine in the development of any addiction regardless of the object.”

Judith Lewis

Biopsychosocial View

- Wholistic view
 - Both / and instead of an either / or view
 - View that recognizes substance use disorders as having multiple cause
 - View that emphasizes importance of diagnosis and clinical assessment
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Substance Use Continuum



...Addiction?

Substance Use Continuum

Use

- Culturally acceptable
- Socially expected

Substance Use Continuum

Heavy Use

- Drink XX or use XX
- Occasionally get intoxicated
- No psy., bio., social, econ. problems as result

Substance Use Continuum

Problem
Use

- Experience some problems from use
- Shift from social purpose to utilitarian

Substance Use Continuum

Abuse

DSM V Defines Substance Use Disorders: as problematic **patterns of substance** use (ie. alcohol or other drugs) leading to clinically significant impairment or distress...

Stages of Change

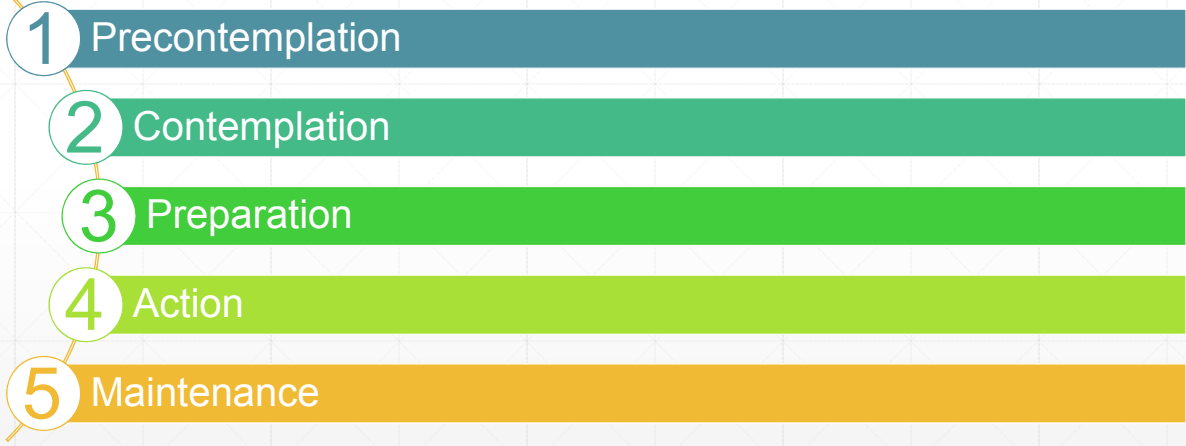
Transtheoretical Model of Change

Prochaska & DiClemente's Transtheoretical Model of Change

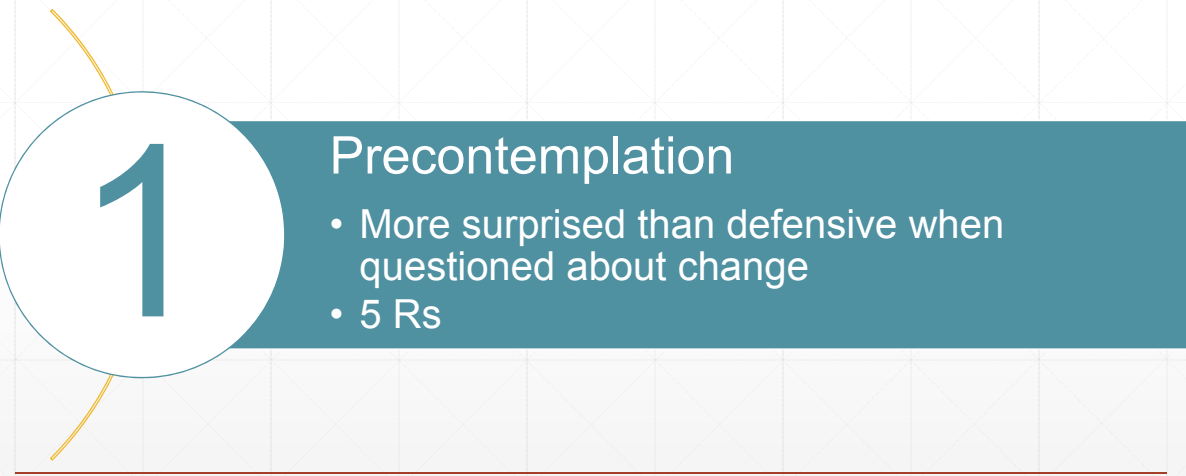
- Studied people who were self changers
- Assessed readiness to change



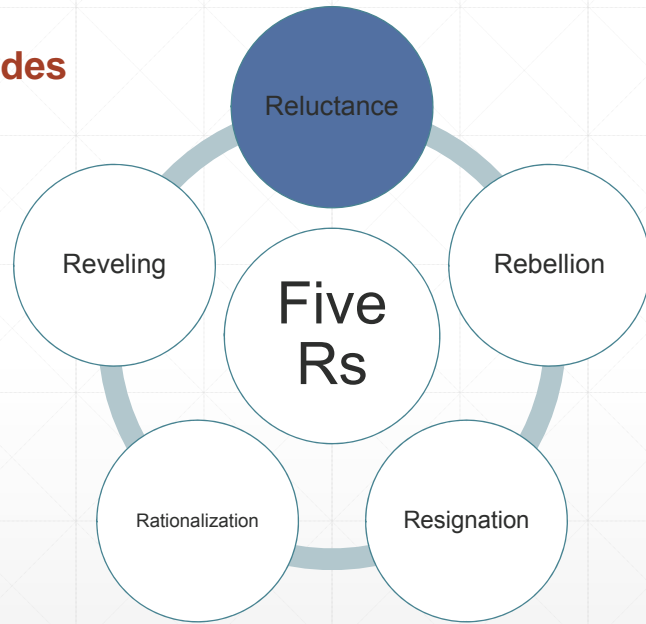
Readiness to Change



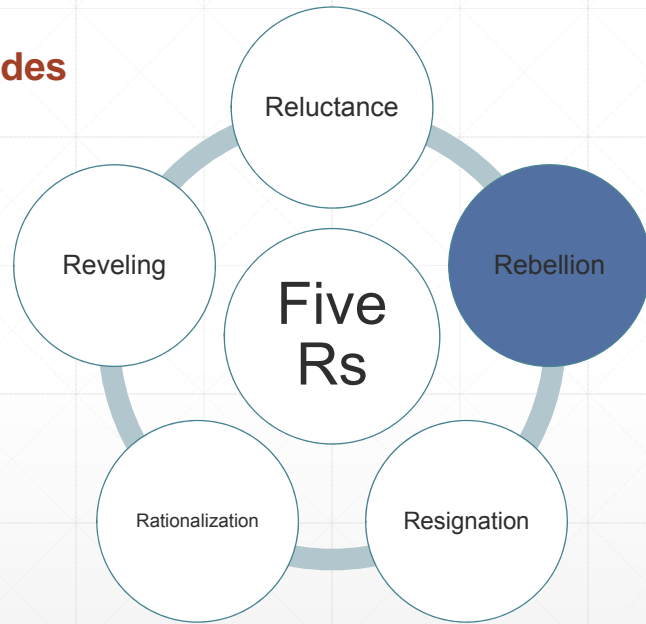
Readiness to Change



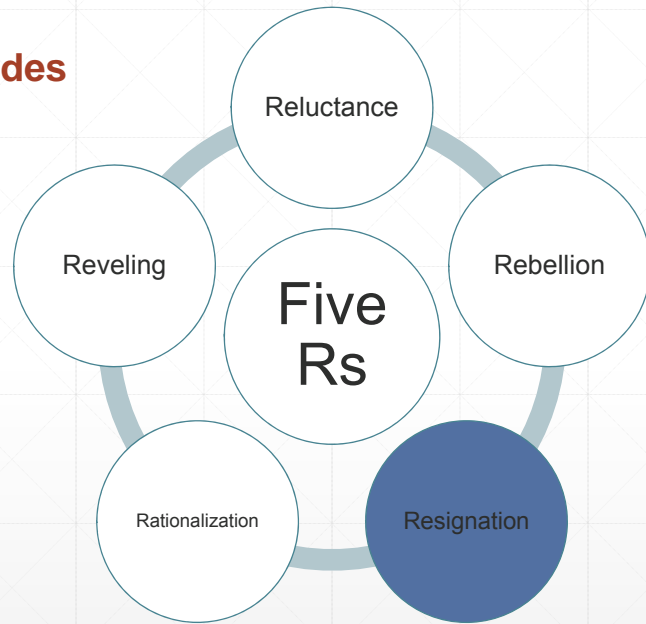
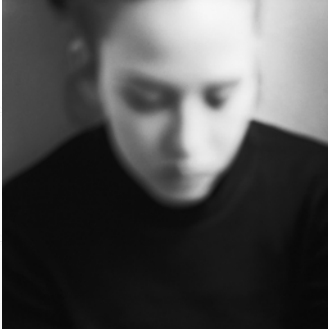
Characteristics & Attitudes of Precontemplators



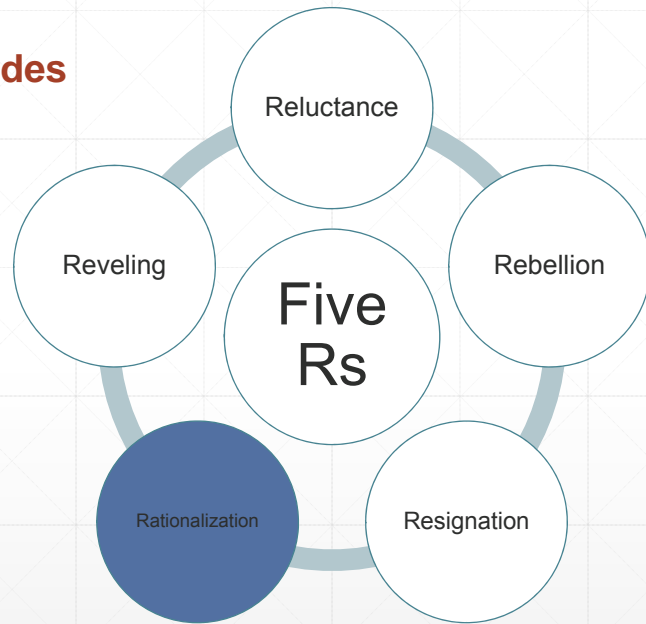
Characteristics & Attitudes of Precontemplators



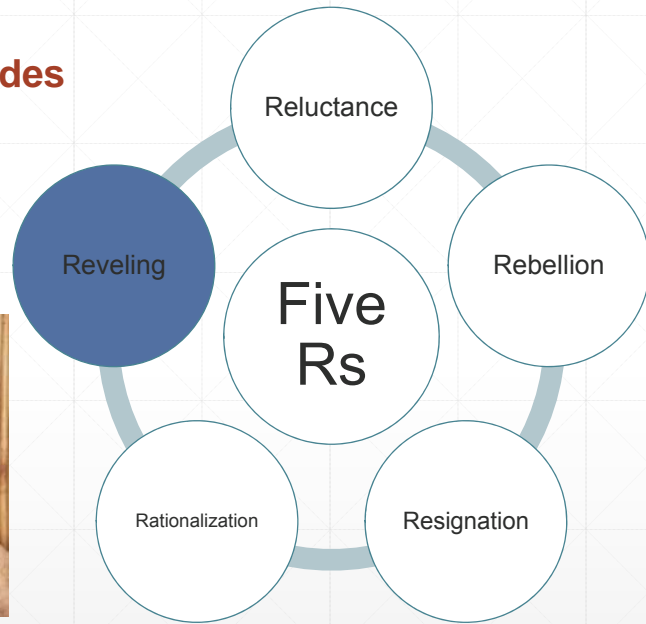
Characteristics & Attitudes of Precontemplators



Characteristics & Attitudes of Precontemplators



Characteristics & Attitudes of Precontemplators



Readiness to Change

2

Contemplation

• Yes, but...

Readiness to Change

3

Preparation

- Ready to make a plan of action

Readiness to Change

4

Action

- Plan in place and being implemented

Readiness to Change

5

Maintenance

- Goal: prevent relapse

Readiness to Change

1

Precontemplation

- More surprised than defensive when questioned about change

2

Contemplation

- Yes, but...

3

Preparation

- Ready to make a plan of action

4

Action

- Plan in place and being implemented

5

Maintenance

- Goal: prevent relapse

Motivating Change

Brief and Beginning Interventions for Change

Brief and Beginning Interventions for Change

People change because they want to

- Motivation is fundamental to change
- People are generally motivated to do *something*
- Find out what they are motivated to do
- Use it to their benefit

People don't change

- In response to severe punishments
 - In response to negative health effects
 - In response to confrontation
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Brief and Beginning Interventions for Change

What helps people feel confident enough to decide to change?

- Other's confidence in how successful they'll be matters
- People's beliefs about whether they will change influence their ability to do so.
- What people (clients and counselors) say (about change) is important
- People will change if they are motivated



Brief and Beginning Interventions for Change

- **Motivation can be influenced**
- **Motivation is an interpersonal process that changes in response to interactions between people.**
- **Motivation is not something one has but something one does**

Motivational Interviewing

The ABC's & Cultural Competency

Motivational Interviewing

A method for enhancing intrinsic motivation to change by exploring and resolving ambivalence:

- Participant centered
- Directive
- Method of communication
- Focuses on person's intrinsic motivation for change
- Focuses on exploring and resolving ambivalence

Motivational Interviewing

- Method is concerned with increasing readiness to change.
 - Other aspects of change process required for success are not covered
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Motivational Interviewing

Advice

- 10 minutes of the right kind of advice from a health care professional.
 - For problem drinkers a minimal intervention can be just as effective as more extensive counseling
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Motivational Interviewing

Barriers

- Accept client's perceptions of barriers to change
 - Help remove these barriers (i.e. child care, distance to travel etc)
 - Create dissonance between person's current behavior and important goals.
 - Cultural competence includes understanding what barriers are
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Motivational Interviewing

Choice

- People more likely to persist in an action when they perceive that they have personally chosen to do so
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Motivational Interviewing

Decreasing Attractiveness

- Help to tip the balance in the contemplation stage by decreasing the attractiveness of undesirable behavior.
 - Help clients to be vividly aware of the negative consequences and risks associated with excessive use
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Motivational Interviewing

External Contingencies (Opposite of creating choices)

- Relies on pressure from the outside to persuade or coerce client to seek help (e.g. losing a job, going to jail)
- Should be firm and long lasting.

Note: Contingency and choice strategies are not mutually exclusive

Motivational Interviewing

Feedback

- Lectures not effective
 - Personal, individualized communication about possible harm to individual is effective
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Motivational Interviewing

Goal Setting

- Help client to set clear goals for change
 - Set goals and compare with where person is now
 - Goals most useful when mutually negotiated
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Interviewing Skills

Case Studies

Interviewing Skills

General therapeutic skills:

- Express empathy
 - Develop discrepancy
 - Avoid argumentation - see resistance as a signal to change strategies
 - Roll with resistance
 - Support self efficacy
 - Optimism
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Interviewing Skills

Opening strategies:

Open ended questions

Affirm client : agree, support, emphasize choice

Reflect for understanding and deepening

Summarize ambivalence, offer double sided reflection

Interviewing Skills Working with Ambivalence

Ambivalence:

- Feeling two ways about something
 - A common human condition
 - Often gets in the way of change
 - People get stuck and become immobilized
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Interviewing Skills

Resolving ambivalence can encourage change

Task in resolving ambivalence: help participants explore all sides of issue

Decisional balance strategies help participant to understand what conflicts are:

On the one hand _____ and on the other hand _____

- Give voice to the side of “no change”
 - Create a “pros and cons”
-

Interviewing Skills

Listen for five kinds of change talk:

- **desire** to change
- **ability** to change
- **reasons** to change
- **need** to change
- **commitment** to change

Use OARS, decisional balance strategies to encourage these

Interventions for Change: Traps

- Confrontation/ denial trap
 - Expert trap
 - Labeling trap
 - Premature focus trap
 - Blaming trap
 - Question/Answer trap
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Cultural Competence

- Certain approaches promote interventions and relationships that respect differing cultural perspectives
 - Awareness of our own cultural beliefs, values and attitudes are crucial elements of effective multicultural competence
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