

Using Motivational Interviewing to Give Ambivalence the One-Two Punch

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Introductions

- Allow participants to introduce themselves
- Have participants state their role/title (student, faculty, physician, etc.)



What is your experience with Motivational Interviewing?

For those with experience, give an example of a situation when you used MI with a patient/client.



MI: What it is and why we use it

- “A client-centered directive model for enhancing **intrinsic motivation** to change by exploring and resolving ambivalence.” (Miller & Rollnick, 2009).
- Moves away from telling someone what to do or why to do something and instead taps into their own values and interests to help resolve ambivalence and move toward positive change
- Technique used for smoking cessation, alcohol abuse and other unhealthy behaviors



New Years Resolutions

- How many of you have ever made a New Year's resolution?
- How many of you actually followed through on that New Year's resolution?
- For those of you who did not follow through, why do you think this happened?

These mixed feelings are what we refer to as ambivalence.



What is Ambivalence?

Ambivalence is having mixed feelings or contradictory ideas about something or someone.

Having the desire to do something or make a change in behavior with an accompanied “but”

- “I really want to start working out but I just don’t have the time”
- “I want to stop smoking but it really helps relieve my stress at work.”

These statements show a desire for change with a bit of reservation. This state of ambivalence or mixed feelings often leads to no change in behavior.



Activity

- Identify something you've been thinking about doing but haven't gotten around to it
- Write it down, complete the scales and we'll come back to that later



When is it appropriate to use MI?



Transtheoretical Model of Change

“I may,”
“Maybe, but...”

“I will”

“I am”

“I still am”

Precontemplation
(unaware of the problem)

Contemplation
(aware of the problem and of the desired behavior change)

Preparation
(intends to take action)

Action
(practices the desired behavior)

Maintenance
(works to sustain the behavior change)

The Stages of Behavior Change



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“I won’t,”
“I can’t”

Reflect on Your Personal Goal

What stage of change are you currently in?



Activity

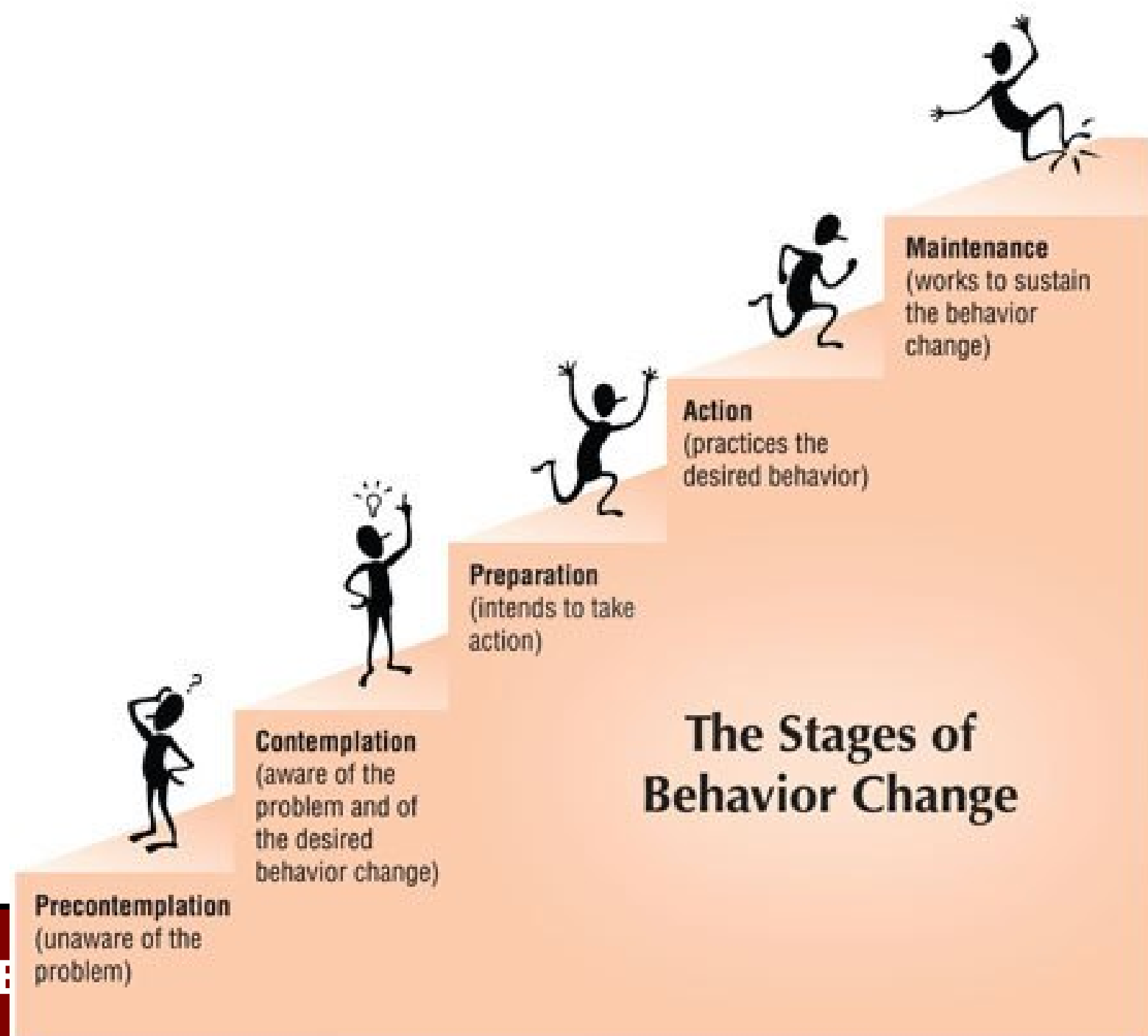
- Use the decisional balance worksheet to reflect on your personal goal
- You can choose how you navigate the questions- one column at a time or alternating between the two (mental contrasting)
- Complete the scales/rulers at the bottom as well



What surprised you or
what did you find to be helpful?



What stage
are you in now?



Questions?



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