

MOTIVATIONAL ENHANCEMENT THERAPY

Motivational Interviewing

Stages of Change

- Precontemplation
- Contemplation
- Determination
- Action
- Maintenance

Basic Principles

1. Express Empathy
2. Develop Discrepancy
3. Avoid Argumentation
4. Roll with Resistance
5. Support Self-Efficacy

Eliciting Self-Motivational Statements

1. Being open to input about drug use and effects
2. Acknowledging real or potential problems related to drug use
3. Expressing a need, desire, or willingness to change
4. Expressing optimism about the possibility of change

Skills Used: Consideration Stages

- Listening with empathy
- Probing
- Presenting personal feedback
- Affirming the client
- Including the spouse without retribution but reflectively

Further Skills: Consideration Stages

- Handling resistance
 - Reflection
 - Reflection with amplification
 - Double sided reflection
 - Shifting focus
 - Rolling with the resistance
- Reframing
- Summarizing

Skills: Determination Stage

- Recognizing readiness
- Asking key questions
- Discussing a plan
- Communicating free choice
- Consequences of action/inaction
- Information and guidance
- Recapitulating (summarizing)
- Asking for commitment

The Change Plan Worksheet

- The changes I want to make are...
- The most important reasons why I want to make these changes are....
- The steps I plan to take in changing are...
- The way other people can help me are...
- I will know that my plan is working if...
- Some things that could interfere with my plan are...

Ending the Commitment Process

- Recapitulating (summarizing)
- Asking for commitment

Follow-up Strategies

- Review Progress
- Renew Motivation
- Redo Commitment
- Provide Further Treatment As Appropriate
