

# 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*

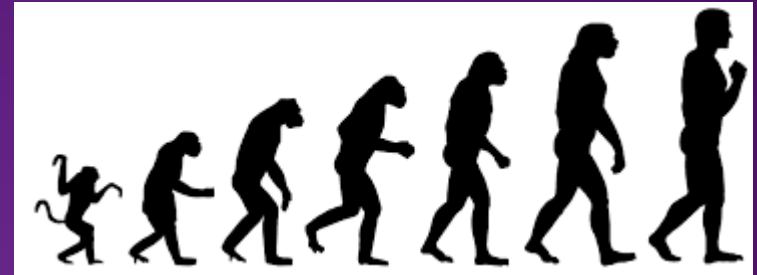


*“Motivational Interviewing is a person-centred counselling style for addressing the common problem of ambivalence about change”*

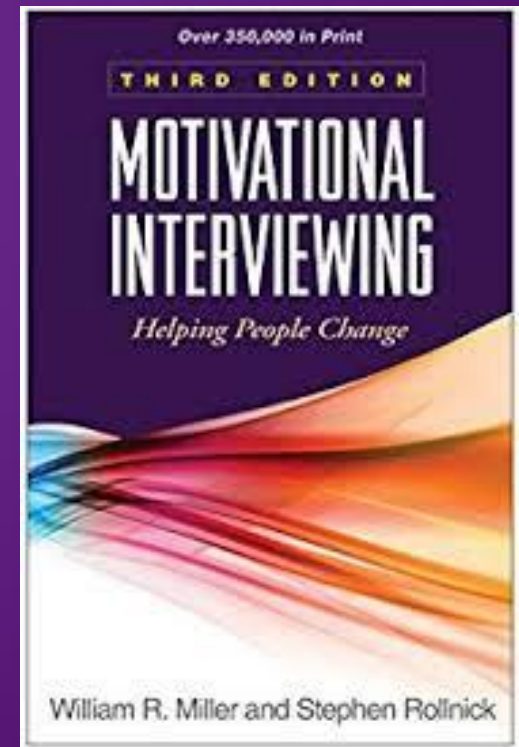
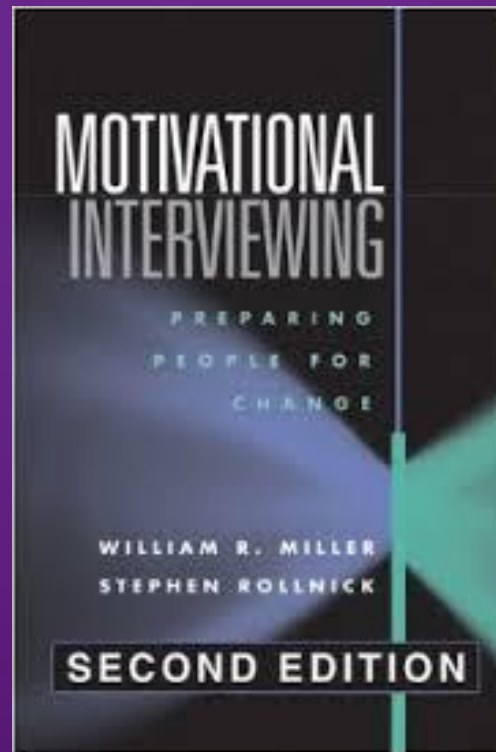
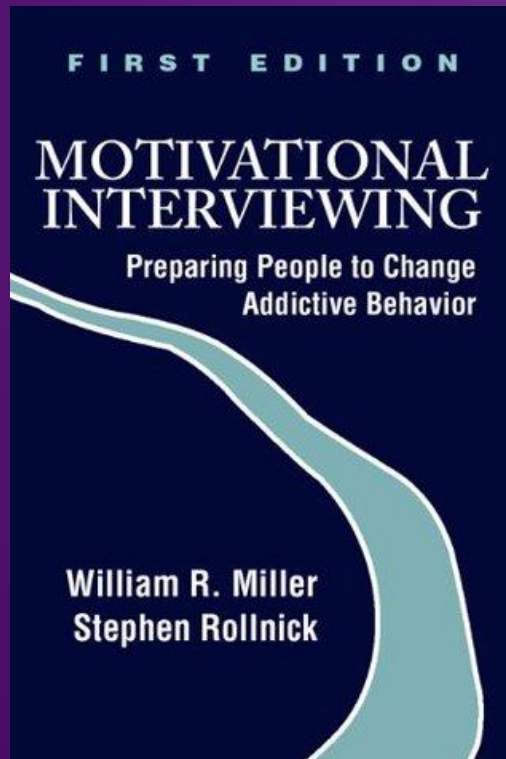
(Miller & Rollnick, 2012, p.29)

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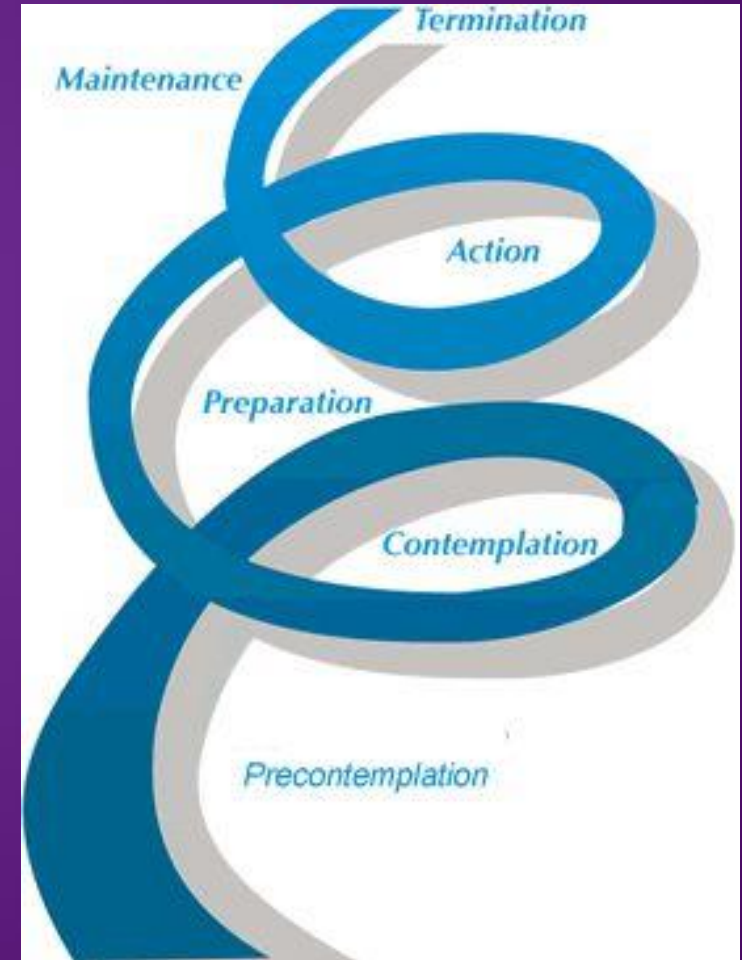
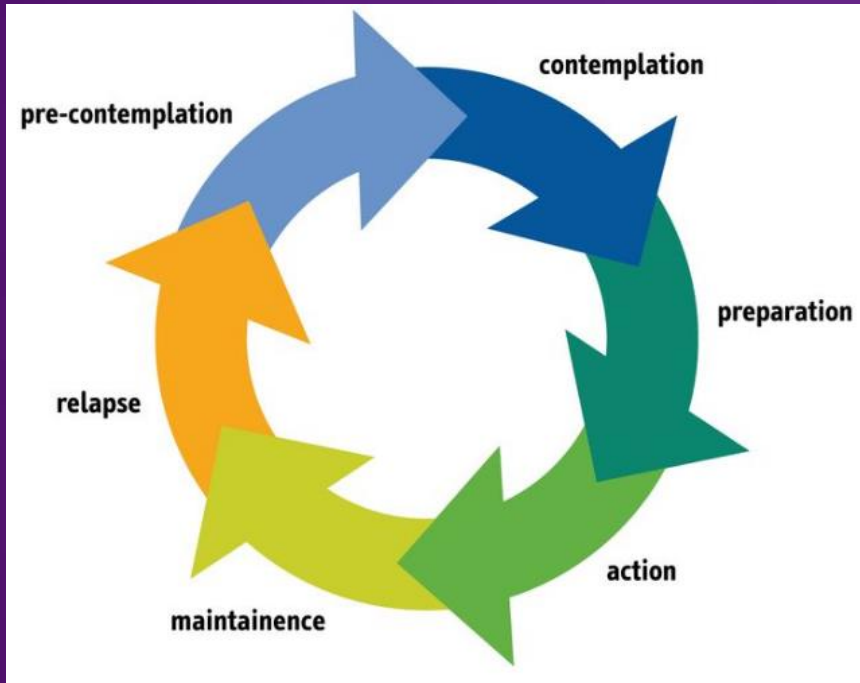
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# The evolution of MI (Miller & Rollnick 1991, 2002, 2012)



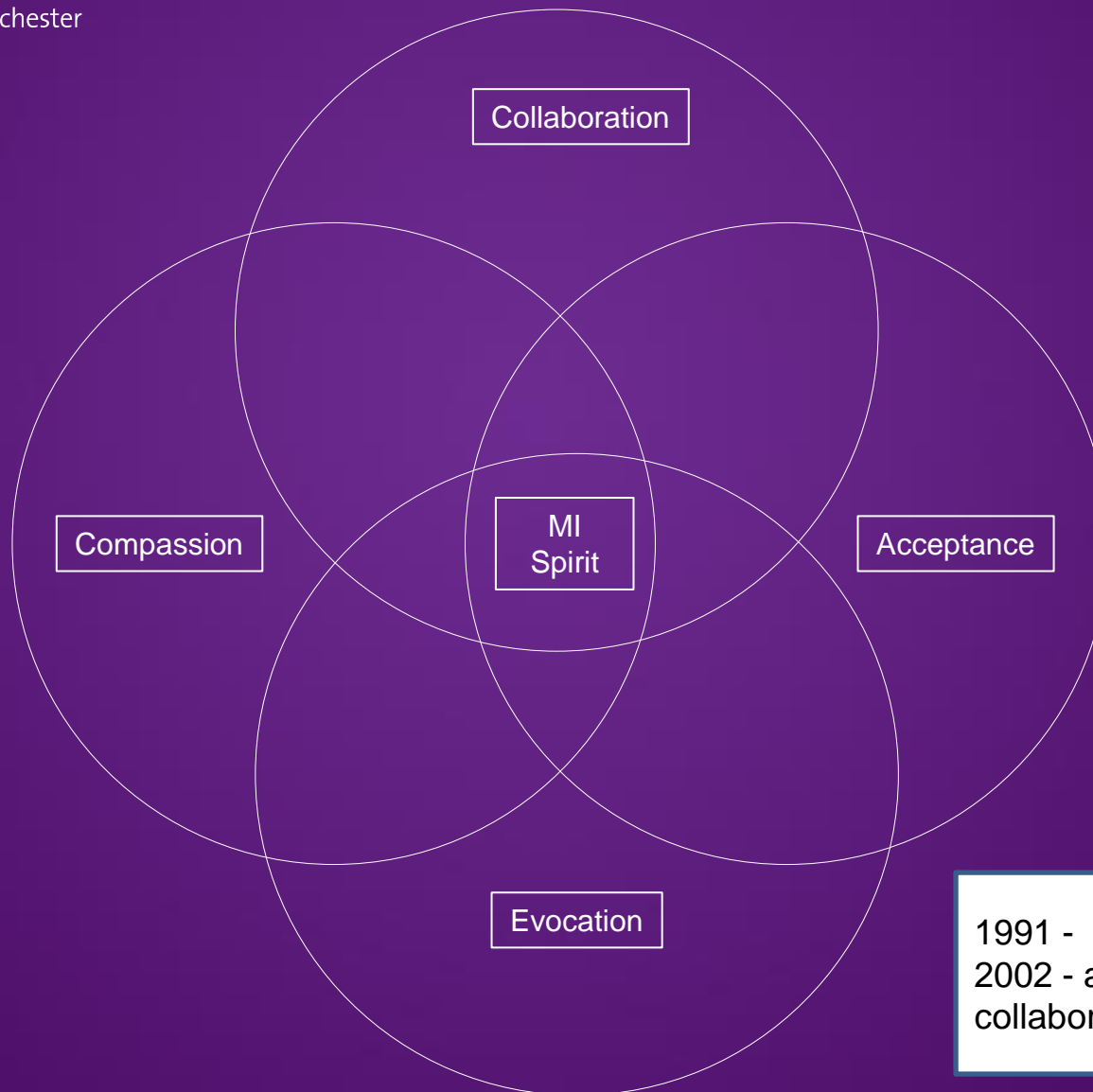
# The Transtheoretical Model (TTM)



## 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



1991 - not defined  
2002 - autonomy,  
collaboration, evocation

# Processes of MI

Planning

Evoking

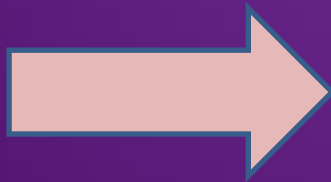
Focusing

Engaging



## 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

## Global ratings

- Cultivating Change Talk
- Softening Sustain Talk
- Partnership
- Empathy

Cultivating Change Talk				
Low		High		
1	2	3	4	5
Clinician shows no explicit attention to, or preference for, the client's language in favor of changing	Clinician sporadically attends to client language in favor of change – frequently misses opportunities to encourage change talk	Clinician often attends to the client's language in favor of change, but misses some opportunities to encourage change talk	Clinician consistently attends to the client's language about change and makes efforts to encourage it	Clinician shows a marked and consistent effort to increase the depth, strength, or momentum of the client's language in favor of change

## 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 an 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)