

# Motivational Interviewing

## **Brief Description of Intervention:**

Motivational Interviewing (MI) is a short-term (usually 1-2 sessions) type of counseling/therapy/coaching technique used to inspire clients to change ambivalent feelings about behaviors that prevent them from making healthier choices in their lives. Motivational Interviewing is usually used in conjunction with other forms of therapy to address issues of substance abuse and addiction, physical health problems, and mental health issues. The goal of this technique is for the client to become internally self-motivated to change a behavior through the empathetic, non-judgmental, accepting attitude of a provider using techniques such as directive questioning and reflective listening. Motivational Interviewing was developed by clinical psychologists, William R. Miller and Stephen Rollnick and derived from the theory of Carl Rogers.

## **Anticipated Benefits for the Client [how this will address needs of beneficiary]:**

Motivational Interviewing is beneficial to the client as it allows the client to become motivated to make a change on his or her own then make the commitment to the change, which in turn, increases the client's likelihood of actually making that change. For example, a client is more likely to be more successful at losing weight if they come to the conclusion on their own that it is healthier for them instead of just being told by their doctor to lose weight.

## **Who Can Use This Intervention?**

	Physician	PA	NP	RN	RN with MH/MA	LVN or Psych Tech	L/R/W Psych	L/R/W LCSW/ASW, MFT/MFTI, LPCC/LPCCI	Trainee - post BA/BS and pre MA/MS/PhD	MHRS	Other, Unlicensed
Motivational Interviewing	Y	Y	Y	N	N	N	Y	Y	Y	Y	Y

## **Pre-Requisite Training Needed Before Using This Intervention:**

According to Dr. Jassin Jouria, Motivational Interviewing can be used by various healthcare providers including primary care physicians, nurses, therapist, nurse practitioners or allied health professional. She adds, "There is some formal training available in developing the techniques associated with motivational interviewing, although learning the techniques and the process of MI is typically either integrated into formal education programs, or through stand-alone training opportunities, such as through workshops, conferences, or online educational programs." The Motivational Interviewing Network of Trainers (MINT) is an organization that provides training for motivational interviewing.

## **Overview of Intervention:**

The goal of Motivational Interviewing is to move the client through several stages of change, from being ambivalent to making more positive choices using the key principles of empathy, discrepancy, roll with resistance, and support self-efficacy. The stages include, precontemplation, contemplation, preparation, action, maintenance, and termination. In Motivational Interviewing, it is important for the provider to remember to be directive but allow the client to find their focus. As stated in the article titled, "Motivational Interviewing" by Dr. Jassin Jouria, "It is important that the provider does not take complete direction with the interview by telling the client what he or she should do. Part of the goal of the focusing is to allow the client to find his or her focus through the coaching involved with motivational interviewing, not to be told what to

do. The provider should also avoid developing a premature focus in which he or she decides the direction of the interviews early on. This can limit the potential for where the conversations could go and also impact how well the client is able to work toward change. If the provider decides on the focus for the client early on in the relationship, the client may be less likely to stay motivated or involved, particularly if he or she believes that the point of the relationship is only to work toward the clinician's goals, not the client's."

**Practice Guideline Established in Collaboration with:**

- "Motivational Interviewing" by Dr. Jassin Jouria
- <https://www.psychologytoday.com/therapy-types/motivational-interviewing>