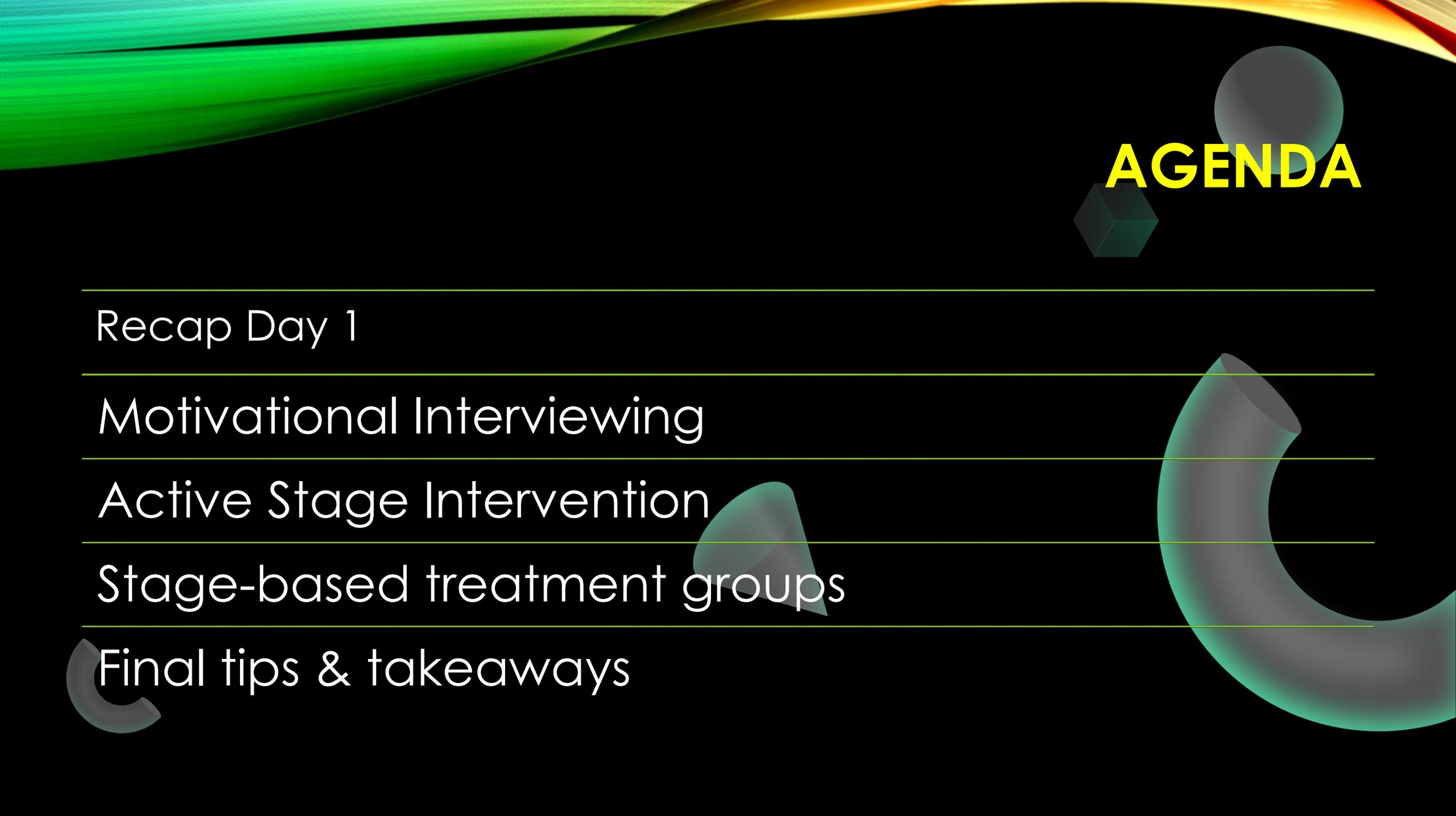


**CONNECTICUT DMHAS
FACILITIES
INTEGRATED CO-OCCURRING
DISORDERS TREATMENT
TRAINING**

DAY 2

**DIANNE ASHER, LCSW
RUSTY FOSTER, MSW**



AGENDA

Recap Day 1

Motivational Interviewing

Active Stage Intervention

Stage-based treatment groups

Final tips & takeaways

STAGES OF CHANGE AND STAGES OF TREATMENT

Stages of Change

- What is the Client Thinking:
- Precontemplation
- Contemplation/Preparation
- Action
- Recovery

Stages of Treatment

- What the Worker Does:
- Engagement
- Building internal motivation
- Active Treatment
- Relapse Prevention

DIFFERENT SERVICES ARE HELPFUL AT DIFFERENT STAGES OF TREATMENT

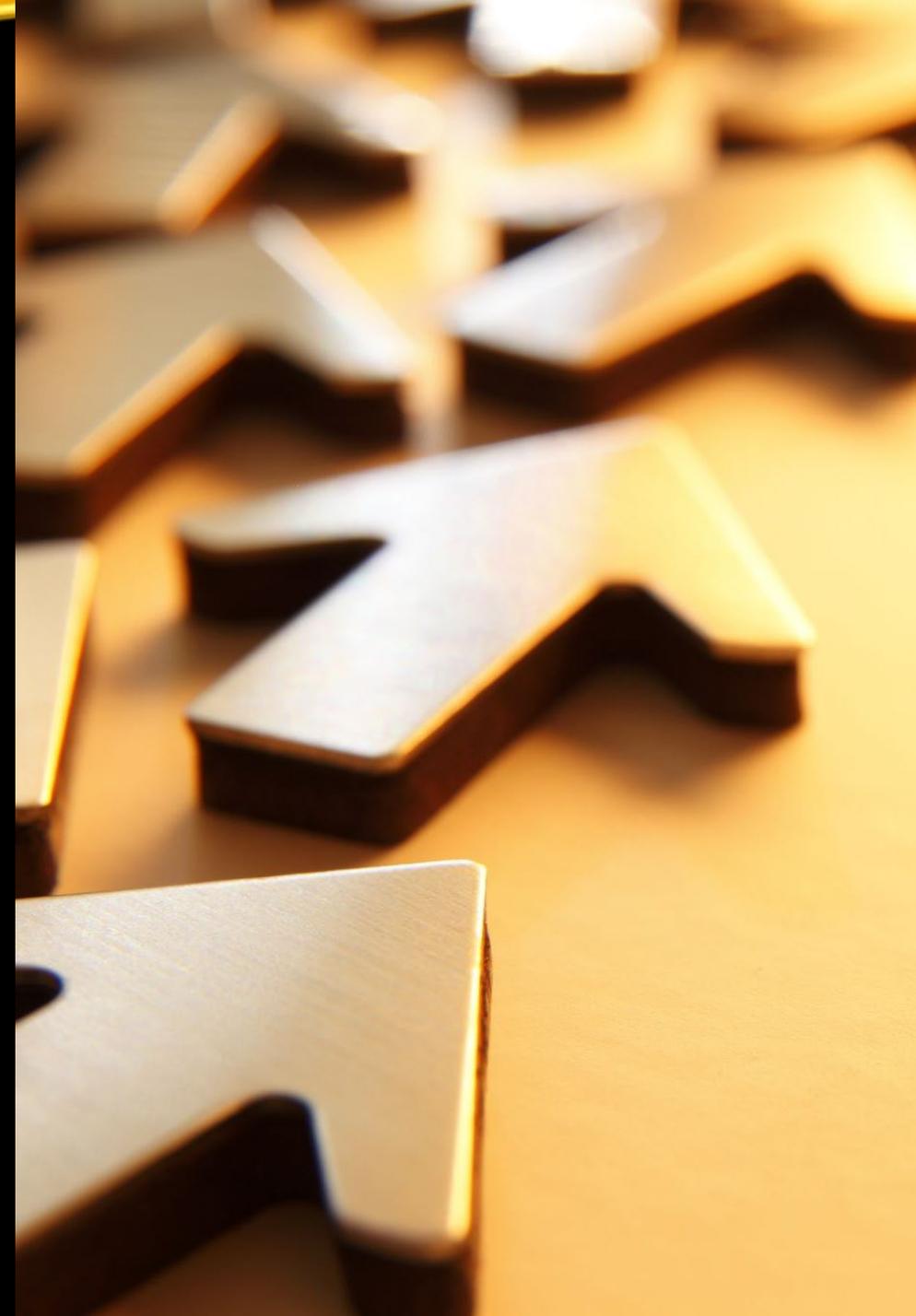
- *Precontemplation - Engagement*
 - Outreach, practical help, crisis intervention, develop alliance, assessment, treatment planning
- *Contemplation & Preparation- Motivation*
 - Education, set goals, build awareness of problem, develop motivation to change, family support, peer support, assessment and treatment planning

DIFFERENT SERVICES ARE HELPFUL AT DIFFERENT STAGES OF TREATMENT

- *Action - Active Treatment*
 - Substance abuse counseling, medication treatments, skills training, community reinforcement, self help groups
- *Maintenance - Relapse prevention*
 - Relapse prevention plan, skills training, self help, expand recovery to other areas of life

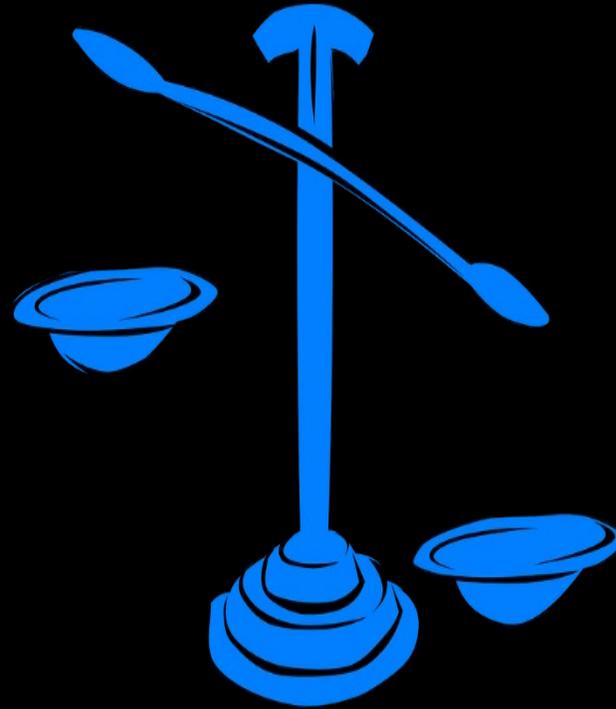
MOTIVATIONAL INTERVIEWING

A particular way of talking with people about change and growth to strengthen their own motivation and commitment



**AMBIVALENCE IS
AN INNER DEBATE
BETWEEN THE
ARGUMENTS FOR
AND AGAINST
CHANGE**

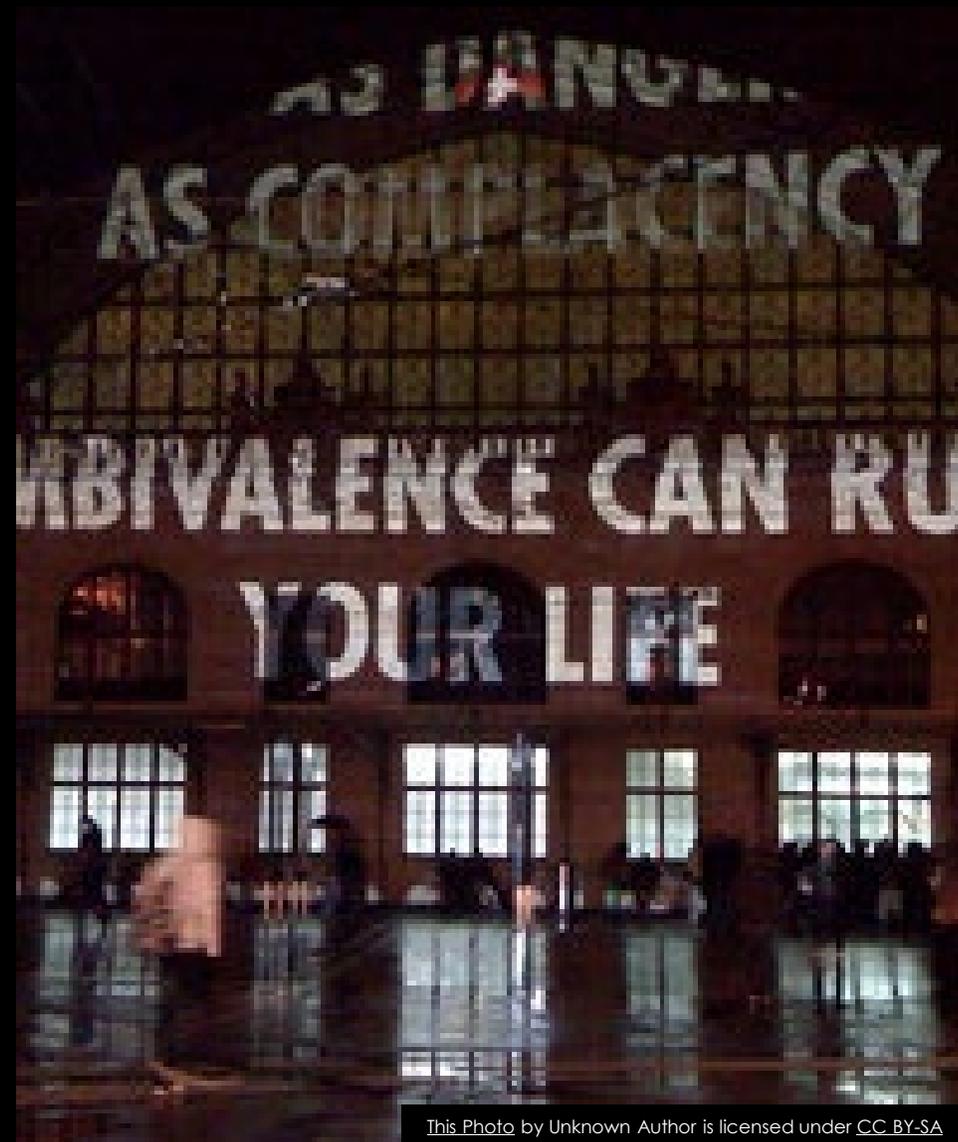
- Sustain talk
- Change talk



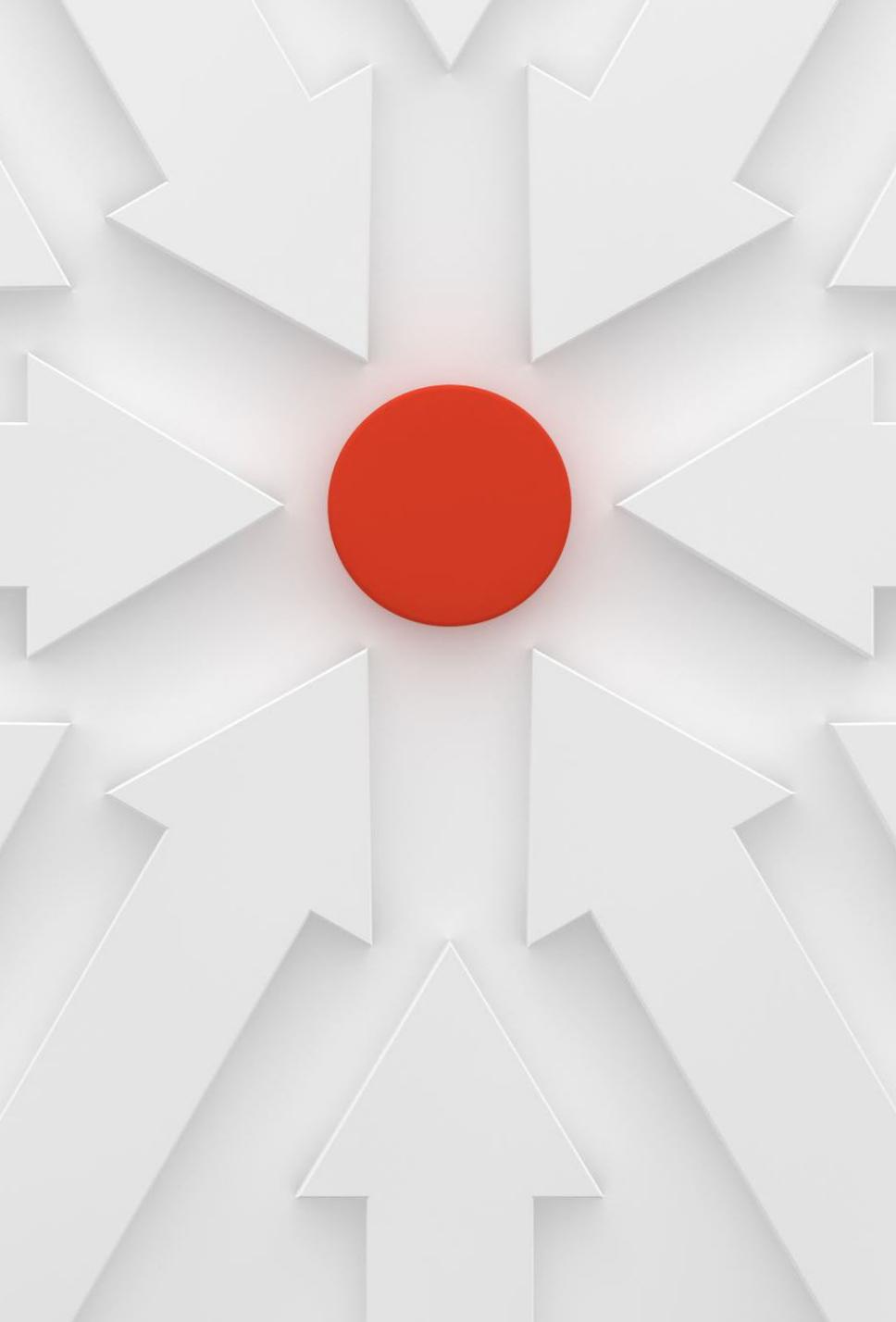


AMBIVALENCE

What was
experience
with that
video?



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CHANGE OCCURS
AT THE POINT IN TIME
WHEN

FEAR OF STAYING THE
SAME OUTWEIGHS

FEAR OF CHANGE

TRAPS TO AVOID

- Persuasion Trap
- Expert Trap
- Time Trap
- Wandering Trap



BIG TRAP: THE FIXING REFLEX

- When we see something that looks “not right” to us (e.g., using drugs, jeopardizing housing, endangering health), we want to jump in and “fix” the problem.
- If a person is ambivalent, their question isn’t “**How** do I fix this?” but “**Why** should I fix this?”

THE SPIRIT OF MI

- **PARTNERSHIP:** PEOPLE ARE EXPERTS ON THEMSELVES
- **ACCEPTANCE:** WHEN PEOPLE FEEL ACCEPTED AS *THEY ARE*, THEN THEY CAN CHANGE
- **COMPASSION:** AN INTENTION TO HEALTH AND WELL BEING OF THE PERSON YOU ARE SERVING
- **EMPOWERMENT:** IT IS NOT GIVING PEOPLE SOMETHING THEY LACK BUT RATHER HELPING THEM APPRECIATE AND USE WHAT THEY ALREADY HAVE

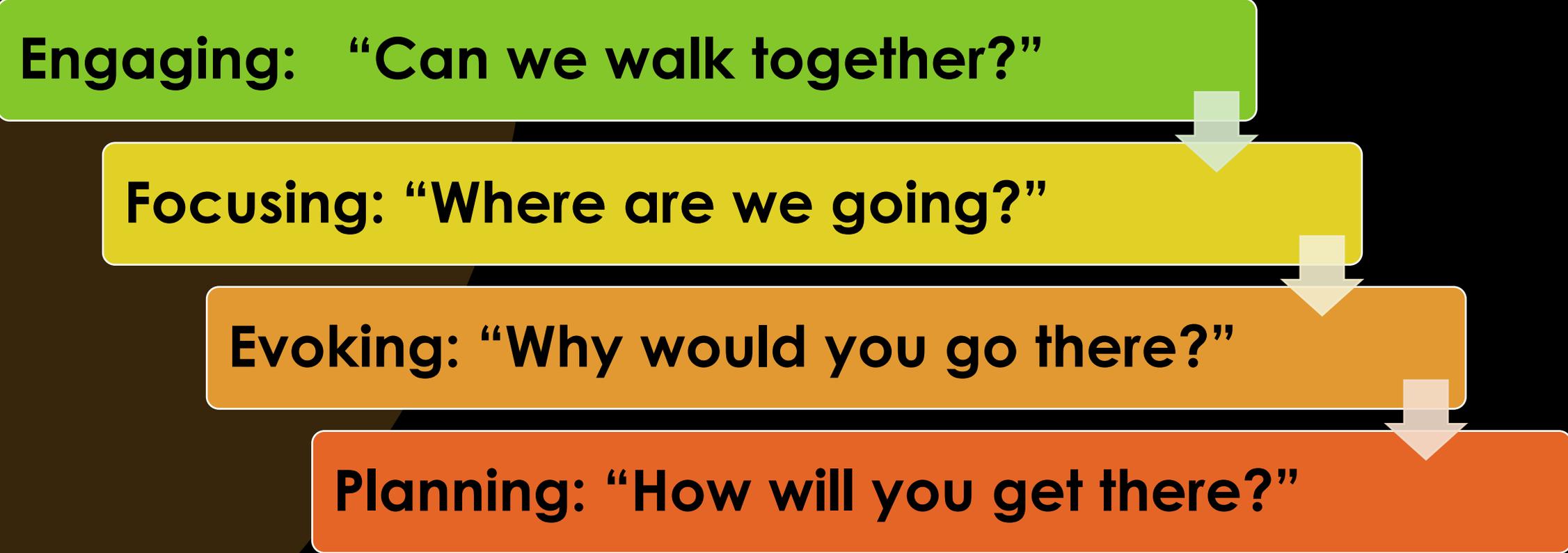
ATTENDING TO THE LANGUAGE OF CHANGE

Identifies what is being said against change (sustain talk) ...

What is being said in favor of change (change talk)

Where appropriate, encouraging a movement away from sustain talk and towards change talk.

Engaging: “Can we walk together?”



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graph TD; A[Engaging: "Can we walk together?"] --> B[Focusing: "Where are we going?"]; B --> C[Evoking: "Why would you go there?"]; C --> D[Planning: "How will you get there?"]
```

Focusing: “Where are we going?”

Evoking: “Why would you go there?”

Planning: “How will you get there?”

THE FOUR TASKS OF MI

OARS

Open-ended
questions

Affirmations

Reflections

Summaries



OPEN-ENDED QUESTIONS

- Invite people to talk to you. It gives the person room to decide what to say.
- Closed ended questions ask for a specific piece of information and limit the range of responses



AFFIRMATIONS

- Statements and gestures that recognize client strengths and acknowledge behaviors that lead in the direction of positive change, no matter how big or small.
- Affirmations build confidence in one's ability to change.



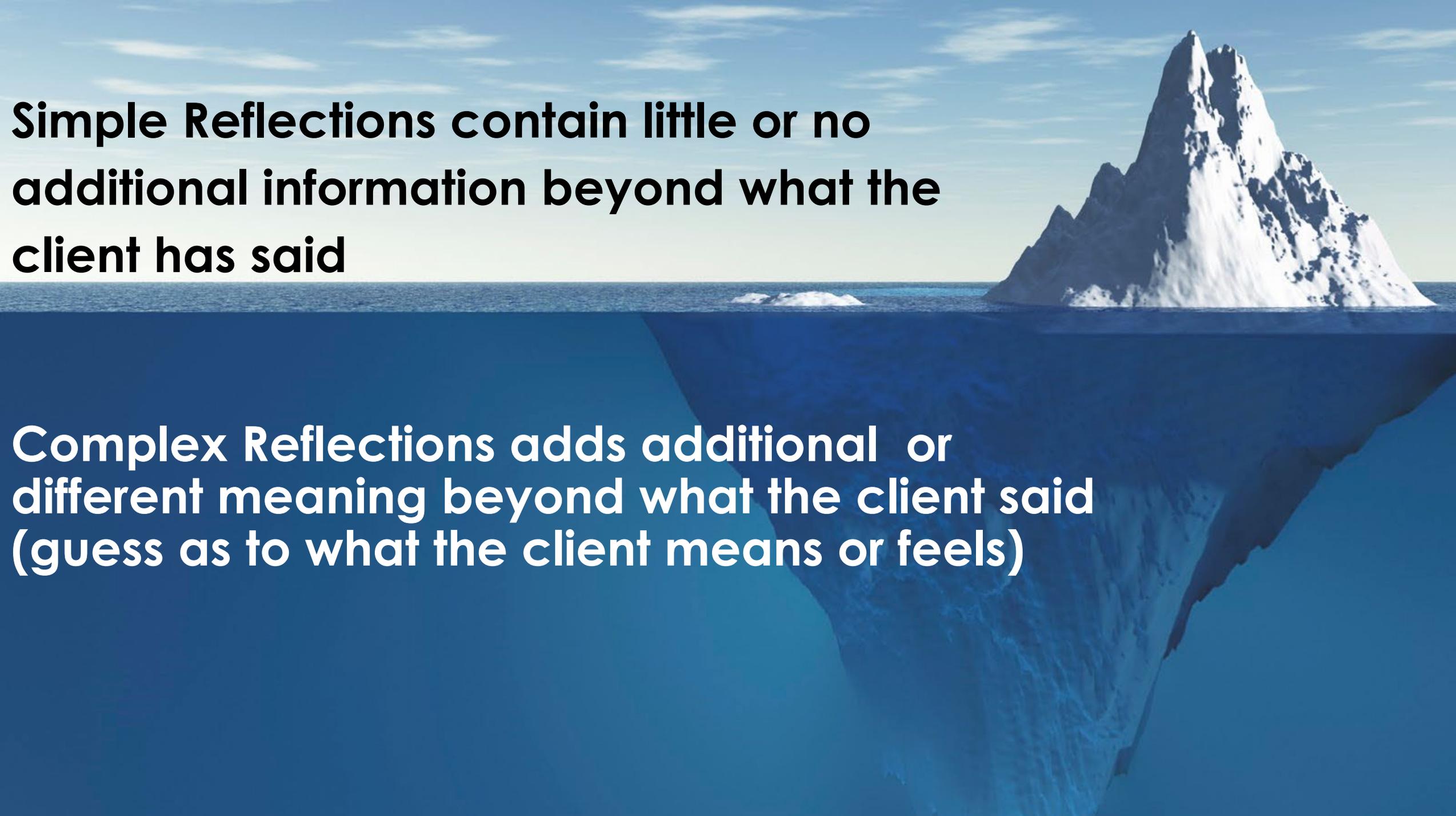
AFFIRMATIONS

- Emphasize a strength
- Notice and appreciate a positive action
- Should be genuine
- Express positive regard and caring
- Strengthen therapeutic relationship

REFLECTIONS-WHY WOULD YOU GO THERE?

A statement you make intended to mirror the meaning of preceding client speech. *(It can either be explicit or implicit)*



An iceberg floating in the ocean. The tip of the iceberg is above the water surface, while the much larger base is submerged below. The sky is blue with light clouds, and the water is a deep blue. The iceberg is white and jagged.

Simple Reflections contain little or no additional information beyond what the client has said

Complex Reflections adds additional or different meaning beyond what the client said (guess as to what the client means or feels)

LISTEN REFLECTIVELY

- Levels of reflection
 - Repeating, Paraphrasing
 - Reflecting meaning,
Reflecting feeling
- Understating and overstating
- Continuing the paragraph

COMPLEX REFLECTIONS

- **Infer** a deeper meaning or emotion that hasn't been stated
- Meaning – Statement: "I've thought about cutting back."
Reflection: "And you've thought about how that could say your marriage."
- Emotion – Statement: "My kids don't call much."
Reflection: "That hurts you."

AMPLIFIED REFLECTIONS

EXAGGERATE OR INTENSIFY WHAT'S
BEEN SAID:

“THERE’S NOTHING THAT COULD
MAKE YOU CONSIDER CHANGING
YOUR DRINKING HABITS.”

“GIVING UP DRUGS IS THE WORST
THING YOU CAN IMAGINE.”

DOUBLE-SIDED REFLECTIONS

“On the one hand and on the other hand...”

- Reflects both sides of ambivalence
- Start on **Sustain Talk** and end on **Change Talk**
 - “On the one hand, crack helps you ignore the voices, and at the same time you want to be safe and have more money.”
 - “Though a WRAP plan takes a lot of effort, you’re really committed to your recovery.”

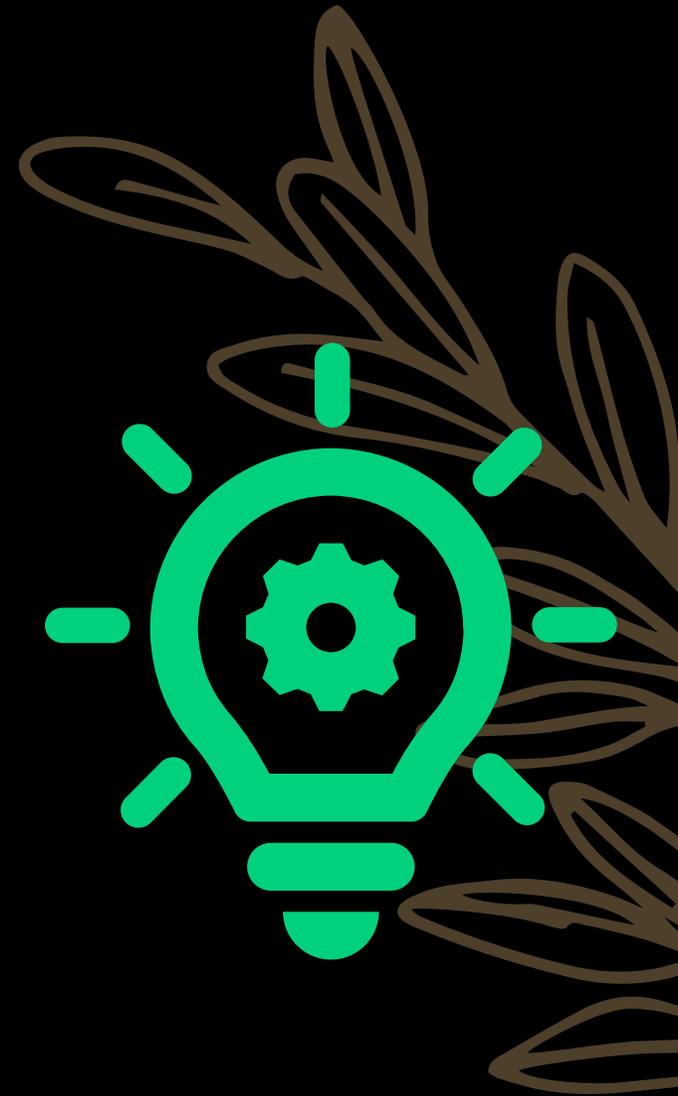
PRACTICE- SOMETHING I AM THINKING OF CHANGING

- Break into peers,
- 1 person talks about what they want to change
- The other person uses MI
- No advice
- Using as many reflections as you can
- No more than 3 open ended questions

- Change roles

SUMMARIES

- THEY ARE ESSENTIALLY COLLECTED REFLECTIONS
- YOU ARE PULLING TOGETHER PARTICULAR TOGETHER PIECES OF THE PERSON'S EXPERIENCE
- THEY GET TO HEAR WHAT THEY SAID AGAIN AND IN THE CONTEXT OF OTHER THINGS
- "HERE'S WHAT I HAVE HEARD FROM YOU SO FAR..."
- "SO FAR YOU TALKED ABOUT..."



EXPRESS EMPATHY

- Acceptance facilitates change
- Skillful reflective listening is fundamental
- Ambivalence is normal

ENGAGING-CAN WE WORK TOGETHER?

Open-ended questions

- What brings you in today?
- What would you like to get out of our time together?

Affirmations

- Thank you for taking the time to meet with me today.
- Being here is not your idea and yet you came in, that takes courage.

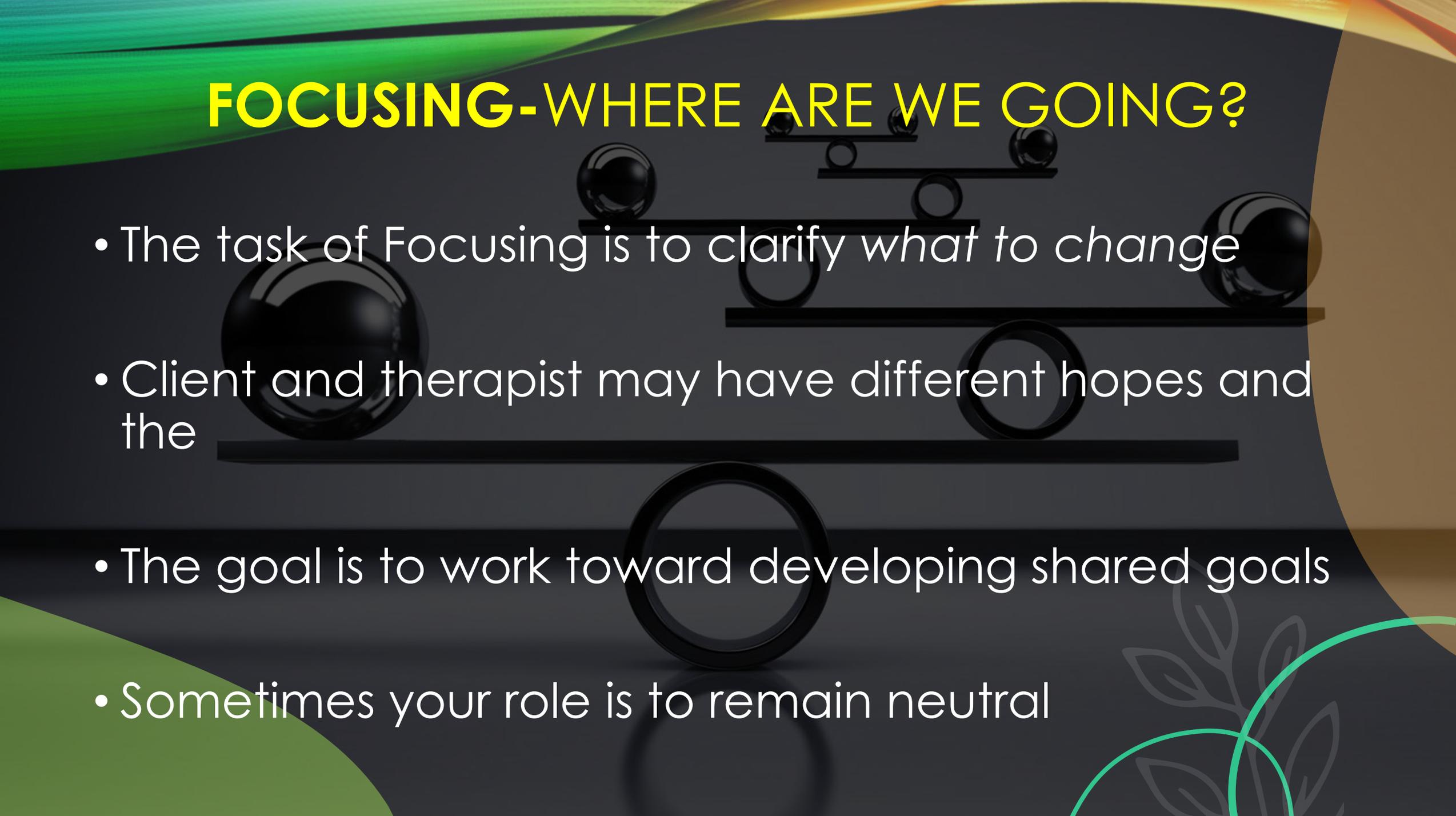
Reflective listening

- Use simple reflections to lower “resistance”
- Reflect feeling
- Reflect meaning

Summaries

- Here is what you said that you would like to get out of our work together.

FOCUSING-WHERE ARE WE GOING?



- The task of Focusing is to clarify *what to change*
- Client and therapist may have different hopes and the
- The goal is to work toward developing shared goals
- Sometimes your role is to remain neutral

IMPORTANCE & CONFIDENCE RULER

1. On a scale of 0 to 10, where 0 is not **important** at all and 10 is extremely important to you, where would you say you are?
2. You picked ___ why not a ___ (lower number)?
3. What would it take to get you to a ___ (higher number)?
4. On a scale of 0 to 10, where 0 is not **confident** at all and 10 is extremely confident, where would you say you are?
5. You picked ___ why not a ___ (lower number)?
6. What would it take to get you to a ___ (higher number)?

EXAMPLE: **FOCUSING**

CAROLYN IS HAVING TROUBLE DECIDING IF SHE SHOULD RUN A HALF MARATHON NEXT YEAR. SHE TELLS THE PROVIDER THAT ALTHOUGH SHE'D LIKE TO BE BACK IN RUNNING SHAPE, SHE'S NOT SURE IT'S WORTH ALL THE TROUBLE. IF SHE DECIDES TO RUN THE HALF-MARATHON, SHE KNOWS SHE WILL HAVE TO CHANGE HER DIET, BEGIN EXERCISING MORE, AND SPEND TIME TRAINING.

EXERCISE

- With a partner, come up with two open-ended questions that would be appropriate for the Focusing process
- Come up with two reflections that would help identify the target behavior.

Housing

Finances

Family

Partner

AGENDA MAPPING

Work

Health

Friends

Legal

ELICITING CHANGE TALK-WHY WOULD YOU GO THERE?

- Is the **primary** method for developing discrepancy.
- Hearing oneself state the reasons for change increases the discrepancy between one's goals and present actions.
- The greater the discrepancy, the greater the perceived importance for change.

CHANGE TALK

Desire for Change

Ability to Change

Reason to Change

Need for Change



Commitment to Change

Activation

Taking small steps



BEHAVIOR CHANGE

CHANGE TALK

- I think I could quit meth
- I've got to do something about this smoker's cough.
- When I see my sister tomorrow, I'll ask her about that AA group
- I want to get my kids back and I can't do that unless I quite using
- I'd like to have better control of my drinking, but I don't know if I can

BLOWING INTO THE BALLOON



Increased Commitment
Language

Decreased/Resolved
Ambivalence

Expressing Resolve

Experimentation/Taking Steps

PLANNING PROCESS-HOW WILL YOU GET THERE?

- THE OVERARCHING GOAL IS:
- CONSOLIDATE COMMITMENT AND BEGIN PLANNING SMALL STEPS

OPTIONS, CHOICE, EXPERIENCE

- ASK THE PERSON WHAT THEY HAVE THOUGHT ABOUT DOING
- OFFER A MENU OF OPTIONS
- SUPPORT CHOICE

SUPPORT SELF-EFFICACY

A person's belief in the possibility of change is an important motivator

The person, not the counselor, is responsible for choosing and carrying out change

The counselor's own belief in the person's ability to change becomes a self-fulfilling prophecy

SMALL STEPS

Helps to create opportunities for success

Small successes create momentum

Individuals re-evaluate their self-image.



IN ACTION

- <https://www.youtube.com/watch?v=bTRRNWrwRCo>

FOUR TYPES OF LANGUAGE

