

Motivational Interviewing for Pediatricians

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Objectives

- To define what motivational interviewing (MI) is (and isn't)
- To identify the components of the “spirit” of MI
- To explore possible situations in which MI can be used
- To explain and practice core MI skills of Open-Ended Questions, Affirmations and Reflections (OAR).
- To explain and practice core MI skills of eliciting change talk, through use of DARN questions

Agenda

- MI: What is it?
- MI: When can I use it?
- MI: How do I use it?
 - Core Skills:
 - Open-Ended Questions
 - Affirmations
 - Reflections
 - Eliciting Change Talk

MI: What is it?

- A style of communication intended to activate the patient's own motivation for change.
- Focused on guiding (rather than following or directing)
- Spirit of MI:
 - Collaborative
 - Evocative
 - Honoring Patient Autonomy

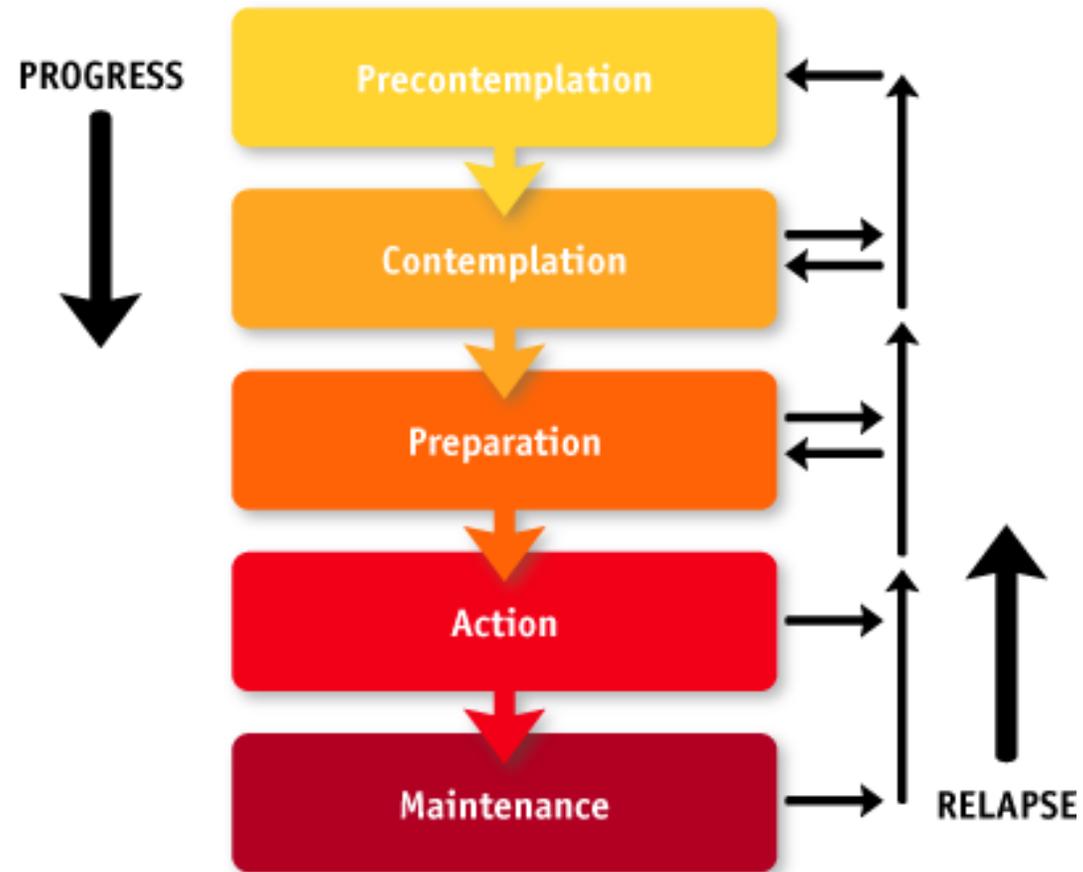
MI: What it isn't...

- A way to force patients to make changes
- A way to trick patients in to doing what you want them to do
- A fail safe way to cause patients to change unhealthy behaviors in one interaction

MI: When can I use it?

- Any situation in which you want to facilitate a conversation about change
- Help patient to explore **their own** ambivalence about making a change

MI: When can I use it?



MI Skills: OAR

- Open Ended Questions: Questions that don't have a yes/no answer.
- Affirmations: Statements that recognize strengths and acknowledge behaviors directed toward positive change.
- Reflections: Statements that demonstrate to the speaker that you are listening to them, and understand them.
 - Repeating or rephrasing: Repeats or substitutes synonyms or phrases, and stays close to what the speaker has said
 - Paraphrasing: Makes a restatement in which the speaker's meaning is inferred
 - Reflection of feeling: Emphasizes emotional aspects of communication through feeling statements.

MI Skills: DARN

Listening for and Eliciting Change Talk

- Types of Change Talk
 - Desire: I want to...
 - Ability: I can...
 - Reasons: Because...
 - Need: I need to...
- Eliciting Change Talk
 - Desire: What do you want to do about [making a change]?
 - Ability: What are you able to do?
 - Reasons: Why would you [make a change]?
 - Need: How important is it? How much do you need to do it?

MI Skills: Putting it together

OAR and DARN skills

- Take a minute to identify one potential area of change (for yourself) that you would be willing to discuss with your partner. Write it down.
- Partner 1: Starting with an open-ended question, explore the area of change identified by Partner 2. Practice using OAR and listening for change talk. When you hear “change talk”, practice reflections and practice asking follow up questions to elicit more change talk (desire, ability, reasons, need).
- Switch after 5 minutes and Partner 2 becomes the questioner.

MI Session Review

- Defined MI, spirit of MI and brainstormed when MI can be used
- Practiced skills of:
 - Open-Ended Questions
 - Affirmations
 - Reflections
 - Eliciting Change Talk (DARN)

Thank You!

- Please feel free to contact me with any questions in the future:
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- Additional MI resources include:
 - “Motivational Interviewing in Health Care” by Miller and Rollnick
 - “Motivational Interviewing: A Guide for Medical Trainees” by Douaihy and Kelly
 - Motivational Interviewing Network of Trainers (MINT)