Motivational Interviewing with Criminal Justice Populations

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WELCOME
Webinar Learning Objectives

1. Review the spirit of motivational interviewing with a particular emphasis on “change talk”

2. Explore the use of motivational interviewing strategies with those sentenced with substance use-related offenses

3. Review evidence-based research on the use of motivational interviewing among criminal justice populations
Ice Breaker
A scientist went to visit a famous Zen master. While the master quietly served tea, the scientist talked about Zen. The master poured the visitor's cup to the brim, and then kept pouring. The scientist watched the overflowing cup until he could no longer restrain himself. "It's overfull! No more will go in!" the scientist blurted. "You are like this cup," the master replied, "How can I show you Zen unless you first empty your cup?“

http://users.rider.edu/~suler/zenstory/emptycup.html
First, Empty your Cup!

Adapted from presentation by Dr. Marilyn Herie, University of Toronto
How confident are you in effectively using MI with CJ clients?
Motivational Interviewing and Oppositional Clients

- Level of motivation with CJ clients vary
- Some are more oppositional, defiant, and higher risk
- Many are less ready for change
Criminal Justice Primer

- Pre Trial Intervention
- Deferred Disposition
- Conditional Discharge
- Probation
  - Violation of Probation (VOP)
- Drug Court
- Jail
- Prison
  - Parole
  - Intensive Supervised Parole (ISP)

Source: Frank Greenagle, MSW, NAADAC webinar (2016)
The Criminal Justice System

- Food, toilet, bed, light, fear, time, joy & pain of visits, and being told what to do.
- 2,224,400 adults in jail or prison in 2014
- .9% of the US adult population
- 4,708,100 adults on probation or parole
- 6,851,000 in criminal justice system
- Since 1980.....crime is way down
- 53% of arrested males and 39% of arrested females are re-incarcerated (’03)
- 50 - 75% of people in prison or jail have a substance abuse history

Source: Frank Greenagle, MSW, NAADAC webinar (2016)
What is the Spirit of Motivational Interviewing?
Motivational interviewing is a collaborative conversation to strengthen a person’s own motivation for, and commitment to change.

Marilyn Herie
The MI Spirit

- Partnership
- Acceptance
  - Absolute Worth
  - Accurate Empathy
  - Autonomy
  - Affirmation
- Compassion
- Evocation

Can the spirit of MI be effective with CJ clients?
Partnership

“You are the best judge of what is going to work for you.”
Acceptance

“I accept you for who you are and am here to help whatever you decide to do.”
“...is loving, selfless concern for the person’s welfare” (Miller & Rollnick, 2013)
“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”

– His Holiness the Dalai Lama
“What were you hoping to get out of our conversation Today?”
Why Use Motivational Interviewing?
Motivational interviewing is a person-centered counseling method for addressing the common problem of ambivalence about change.

Miller and Rollnick (2013)
Avoiding the “Righting Reflex”

People in the helping professions have a natural tendency to want to fix what’s wrong with clients
A very common reactive response
Assumes ‘I know better than you’
Forces patient defensiveness
When patient defends, it reinforces why not to change
Not changing is now justified in mind of client

Yes, but…
### Common Reactions to Righting Reflex

- Angry, agitated
- Oppositional
- Discounting
- Defensive
- Justifying
- Not understood
- Not heard
- Procrastinate

- Afraid
- Helpless, overwhelmed
- Ashamed
- Trapped
- Disengaged
- Not coming back – avoid
- Uncomfortable
Common Human Reactions to Being Listened to

- Understood
- Want to talk more
- Liking the counselor
- Open
- Respected
- Accepted
- Engaged
- Able to change
- Safe
- Empowered
- Hopeful
- Comfortable
- Interested
- Cooperative
- Want to come back

Adapted from a training by Bill Miller
But what if the client refuses to change?
“A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble.”

Mahatma Gandhi
There is always a glimmer of hope
MI Applications

- Public health & workplace
- Sexual health
- Dietary change
- Weight management
- Voice therapy
- Gambling
- Physical activity
- Stroke rehab
- Chronic pain

- Medication adherence
- Diabetes
- Mental health
- Addictions
- Fibromyalgia
- Chronic leg ulceration
- Self-care
- Criminal justice
- Vascular risk
- Domestic violence
The Processes of Motivational Interviewing
Four Processes in MI

- Planning
- Evoking
- Focusing
- Engaging

Adapted from Miller and Rollnick, 2013, p. 26
These processes of engagement, focusing, evocation and planning, allow the counsellor to work in a directional way to help the client explore and resolve ambivalence. These processes provide clearer structure to sessions which also allows for thoughtful conversation.

Ken McMaster
Engaging

The Relational Foundation
Focusing

Guiding client to a target behavior (that is important to them)
Evoking

Drawing out client’s intrinsic motivation and their own ideas for change.
Planning

The Bridge to Change
How Does Motivational Interviewing Work?
Motivational interviewing is a style of communication that involves strategic use of questions and statement to help clients find their own reasons for change.

William Miller
Change Talk and Sustain Talk

“Opposite sides of a coin”
My drug use has caused problems

I tried quitting, but it didn’t work
But sometimes Sustain Talk is disguised as Change Talk
Change Talk - DARN CAT

- Desire statements
- Ability statements
- Reasons statements
- Need statements
- Commitment
- Activation
- Taking Steps

(Miller & Rollnick, 2013)
The MI Hill Metaphor

DARN
Preparatory Change Talk
(Pre-)
Contemplation
Preparation
Action

CAT
Mobilizing Change Talk

Slide from Bill Miller, 2010
Time for a BREAK
OARS: Micro Skills for Enhancing Motivation

- Ask Open-Ended Questions
- Affirm the Client
- Listen Reflectively
- Provide Summaries

(Miller & Rollnick, 2013)
Open-Ended Questions
Closed Question Answers
Open vs. Closed Questions

• CLOSED questions invite a “yes/no,” one-word or very limited answer.

• OPEN questions encourage elaboration – they evoke the client’s ideas, opinions, hopes, concerns, etc.
Affirmations
Affirmations

- Go beyond “giving a good grade”
- Are not about the practitioner’s approval of the client
- Acknowledge the client’s experience, struggle, expertise, efforts, etc.
Praise
Example of Praising:

You are such a wonderful group - I have really enjoyed our session.
Example of Affirming

The group has worked hard today in exploring some tough issues, and we have come closer as a result of that.
Choose one of your most challenging clients - and come up with an affirmation that you could offer
Reflections
What [practitioners] reflect, they will hear more of

Theresa Moyers
Client: “I’m only coming to see you because this is a condition of my parole.”

Coming here is helping you avoid going back to prison.

It wasn’t your idea to come, and you’re not sure this is going to be at all helpful to you.
Client: “I’m only coming to see you because this is a condition of my parole.”

Simple Reflection

Coming here is helping you avoid going back to prison.

Complex Reflection

How you see it, is that you are not happy with being told what to do, and that is frustrating.
Client: "I’m only coming to see you because this is a condition of my parole."

Simple Reflection

Coming here is helping you avoid going back to prison.

Complex Reflection

It would feel a lot better if the system respected that what you do or not do is your choice and decision.
Client: “I’m only coming to see you because this is a condition of my parole.”

Coming here is helping you avoid going back to prison.

Even if you did have any concerns, all this pressure makes it hard to want to change.
Practicing Reflective Listening

- Individually, take a moment to write down an example of a simple and a complex reflection for the following statement (coming up – next slide).

- Then compare what you wrote with others in your group. As a group, choose the best examples to share with the larger group.
“How I live my life is my own business and certainly not yours”

Simple Reflection:


Complex (Enhanced) Reflection:


“How I live my life is my own business and certainly not yours”

Simple Reflection:

You are the only one to decide how to live your life.

Complex (Enhanced) Reflection:

You’re being told you have to make all these changes, and that doesn’t feel very respectful of your choice and autonomy.
“I was told to come here for counseling, but this is just one more thing I’m being told to do”

Simple Reflection:

Complex (Enhanced) Reflection:
“I was told to come here for counseling, but this is just one more thing I’m being told to do”

Simple Reflection:

You’re not happy about being told what to do.

Complex (Enhanced) Reflection:

Your feel your not able to make your own decisions and resent being controlled by others
More Client Statements

- What I do with my life is no one’s business but mine.
- I could care less about what other people do.
- How am I supposed to improve my self-esteem?
- I got screwed – I shouldn’t be here.
- I don’t care about how other people feel about me.
- I came here to reduce my sentence – what can you do for me?
Summary Statements
Why use summary statements?
Summary Statements:

• Check your understanding of the person’s situation as a whole

• Reflect back key components of what the person has discussed

• Signal a transition to another topic or the end of the session/consultation

• Highlight change talk
1. Partner A: Consider something you are considering changing
2. Partner B: Start with an open question; Follow up with two reflective statements; Offer an affirmation; End with a summary statement
“Advice is what we ask for when we already know the answer but wish we didn’t.”

Erica Jong (in Miller & Rollnick, 2013)
“Unsolicited advice is the junk mail of life.”
(Bern Williams, in Miller & Rollnick 2013)
Criminal Justice Culture and the use of Motivational Interviewing
There is a growing body of evidence that MI can affect criminal justice outcomes.....in both incarcerated and community corrections settings

(Spohr et al., 2014)
Motivational Issues in the Criminal Justice Setting

The Culture
Motivational Issues in the Criminal Justice Setting
Self Determination Theory (STD)

amotivation  extrinsic motivation  intrinsic motivation
The Ripple Effect

of Intrinsic Motivation
Motivational Issues in the Criminal Justice Setting

Motivation and Treatment Challenges
Motivational Issues in the Criminal Justice Setting
Motivation and Treatment Progress
Motivational Issues in the Criminal Justice Setting

Effective Use with Offenders
Motivational Issues in the Criminal Justice Setting

Effective Use with parole, probation and correction officers
Motivational Issues in the Criminal Justice Setting

MI as a Treatment Adjunct
**Motivational Issues in the Criminal Justice Setting**

**Drawbacks of MI**

- Non-directive client centered therapies have been found to not reduce recidivism
- However, MI is directive and client centered
- MI may not reduce recidivism, but it may help offenders consider change, commit to change, engage in treatment and stay in treatment
- Under what circumstances should one not use MI in a CJ setting?
Motivational Issues in the Criminal Justice Setting

Research Studies:

- MI was found to be better at reducing predatory aggression for adolescent offenders 3 months after post-release (Clair-Michaud, et al., 2015).
- MI was found to result in higher levels of empathy with probationers at a 2 month follow-up (Spohr et al., 2014)
- Use of MI with probationers was a predictor of client treatment initiation (Spohr et al., 2014)
Putting it all together
Refresher: Setting the Stage for Enhancing Motivation

- Person-centered approach
- Establish partnerships for change
- Use empathy, not power
- Focus on competencies
- The spirit of MI
Transtheoretical Model of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

(DiClemente & Scott, 1997)
MI can be effective in promoting transition to the next stage of change:

(Stages of Change)

(DiClemente & Scott, 1997)
The MI Hill Revisited

D A R N
Preparatory Change Talk

(Pre-)
Contemplation

Preparation

Mobilizing Change Talk

Action

Slide from Bill Miller, 2010
Communication Principles of Motivational Interviewing

- **EE** Express Empathy (early and often)
- **DD** Develop Discrepancy
- **RR** Roll with Resistance (avoid arguments)
- **SS** Support Self-Efficacy

(Miller & Rollnick, 2013)
Building Motivation to Change

- Eliciting change talk
- Tipping the decisional balance (conflict and ambivalence)
  - Open-ended questioning (not telling)
  - Affirming, complimenting, reinforcing
  - Reflective listening
  - Summarizing/Reframing
Bridge to Change: Strengthening Commitment to Change

- Recognizing change readiness
- Negotiating a change plan
  - Set goals/agenda
  - Consider change options
  - Arrive at a plan
  - Eliciting commitment
- Transition to action – the completion of the formal cycle of MI
Implementing the Plan

- Commit to action
- Increase self-efficacy
- Reaffirm decision; monitor and update goals
- Transitioning to “action focused” change
- Resume use of MI when ambivalence reappears
- Redo commitment
Critical Conditions for Change

- Relationship and Rogers’ three crucial conditions
- Self-motivation emerges with a strong alliance
- Self-identification of internal resources for change
- Self-enacted change
“Real” Play: Hands on Practice in Groups of Three

- Person “A” describe a change you are thinking of making in the next 6 months – 1 year
- Person “B” respond using motivational strategies
- Person “C” observe and give feedback
Directions for Hands on Practice

- Each “Real Play” will take 5 minutes.
- After each turn, rotate the roles so that everyone has a chance to practice and receive feedback.
- **Please HOLD your feedback until everyone has had a chance to practice** – you will have an opportunity to debrief as a small group at the end of this exercise.
Brief Review of MI

- Major Assumption: Patient-centered “SPIRIT of MI”
- Major Assumption: Building ongoing relationship/trust
- Major Assumption: Not motivating the patient; helping patient get to his/her existing internal motivation
- Major Assumption: Patient should doing most of talking
- Major Assumption: Tool box with communication strategy choices
- Major Assumption: Addresses ambivalence and resistance
Bottom Line:

Clients must have their own internal motivation for change.
I'm heading toward change, Want to come along?
I don't know – I think I'll continue going this way

Change Talk Charlie  Sustain Talk Sam
Confidence Ruler

No Way

I’m a Bill Miller Protégé

How confident are you now – any difference?
An answer is always the stretch of road that is behind you. Only a question can point the way forward.” ~ Jostein Gaarder
THANK YOU
Reference List


Reference List (continued)


• Spohr, Taxman, Ridriguez, & Scott. (2014). Motivational interviewing in a community corrections setting: Treatment initiation and subsequent drug use. *Journal of Substance Abuse Treatment*
