Motivational Interviewing

Motivational interviewing helps to "motivate" people to both desire and prepare for making a life change. The assumptions of MI are that someone abusing alcohol or drugs will not change their behavior (that is, quit) unless they are ready. Intervention focuses on helping the person realize that the negative consequences outweigh the positive effects of drug use and understand for themselves how the costs are greater than the benefits. The counselor is always supportive throughout the process.

Shown is the Prochaska and Diclemente (1983) stage of change model. MI is designed to motivate people to progress along the change process. The stages are as followed:
•   Pre-contemplation. Not considering quitting drugs or alcohol.
•   Contemplation. Considering quitting within the next month.
•   Preparation. Making active plans and attempt to quit drugs and alcohol.
•   Action. Being engaged in and actively involved in treatment.
•   Maintenance. Maintaining abstinence for a specific time period after treatment.

Motivational interviewing includes core intervention components, referred to as FRAMES:
Feedback - sometimes showing a mirror to a client can be very powerful.
Responsibility - for change is an emphasis that keeps counseling focused on the choices, consequences and personal responsibility of the adolescent for changing.
Advice to change allows the counselors to suggest to teens and parents treatment alternatives.
Menu of change options allows counselors to simply suggest to the adolescent that they may be better off with a behavior change.
Empathic counselor style is from the very beginning of the relationship. Accepting people as they are, being non-judgmental about their behaviors is of upmost importance.
Self-efficacy - adolescents can develop confidence that they can quit.

Expressing empathy is paramount. Helping clients develop discrepancies is also critical, avoiding argumentation, because it's counterproductive. Rolling with resistance is like "dancing with" the client - their resistance is a coping strategy that can be built on at other times. Finally, support self-efficacy - communicating belief in the clients' ability to change.
MI is very respectful of client's work-view, and helps clients to identify their own strengths, and supports their own decisions of what to change and when.