

Offering MI Summary Statements that Effectively Highlight Change

Jim Carter, Ph.D.

Specialty Behavioral Health

UCSD SOM – Dept. of Psychiatry

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Workshop Agenda (3 hours)

- Review of MI Summary Statements
- Demonstration of MI Summary
- Self-Assessment – Dr. Clark's Referral
- Break
- Role-play
- Real-play
- Discussion

Review of MI Summaries

- How summaries fit in CCC and MI
- Components of MI Summary Statement
 - Prompt for Summary
 - Review of Change Talk
 - Open-ended Question Towards Change
- Example of MI Summary

How Summaries Fit in CCC and MI

- Client-centered communication (CCC)
 - Listening and empathy
 - “Your viewpoints have been heard.”
- Motivational Interviewing (MI)
 - Part of OARS
 - Intentionally directive towards change
 - Focuses on change talk provided by client
 - “You’ve told me this about change and I would like to hear more.”
 - Signal or litmus test for transition

Components of MI Summaries

- Prompt for Summary
 - “Let me summarize what you’ve told me so far...”
- Review of client Change Talk (speech that favors change)
 - Disadvantages of not changing
 - Advantages of changing
- Open-ended Question Towards Change
 - “What other reasons are there for you to make this change?”
 - “What are your options for being successful with this change?”
 - “What is the next step for you?”

Recognizing Change Talk

D-A-R-N-C-A-T

- Desires – “I want to be a good mom.”
- Abilities – “I already have a sponsor.”
- Reasons – “I’m facing serious jail time.”
- Needs – “I need a place to live.”
- Commitments – “I’ll check out a meeting.”
- Activation – “I went for a walk today.”
- Taking steps – “I told my supervisor I’m going to need time off.”

Example of MI Summary

Let me summarize what I've heard so far. Recently you've been more concerned about your drinking because of comments your daughter made, and you want to be a good mom to her. You're also worried that you could lose your driver's license and even face jail time if you get caught driving drunk again. You've been thinking about what you need to be successful to stop drinking and you already spoke to your supervisor about taking time off from work. What's the next step for you?

MI Summary Demo

- Client
- Situation

Self Assessment

- Dr. Clark's Referral
 - Read scenario and write MI summary
 - 4-10 sentences
 - Allow 15 minutes total for task
 - Small group debrief
 - Review answers
 - Discuss challenges and what learned
 - Allow 15 minutes total for task
 - Large group discussion

Role-Play – Partnered Activity

- Preparation – 5 minutes
 - Interviewer reviews MI Summary worksheet
 - Client reads background of case
- Discuss client's situation – 10 minutes
 - Ok for interviewer to take notes on worksheet
- Provide MI Summary and Discuss – 10 minutes
 - Client responds briefly to last question in summary
 - Client gives feedback about which Change Talk summarized and missed
- Switch roles with different scenario

Real Play - Partners

- Discuss change in your own life that you know you should make but have not made yet
- Partner provides MI Summary
- Switch roles and repeat
- Discuss challenges and lessons learned

Resources

- www.sbh-sd.com
- www.motivationalinterview.org