

PART II:
Session-by-Session
Guide

Phase 2: Motivational Interviewing

Therapists use Motivational Interviewing to provide feedback on the assessment results and to help a client reach a decision to change his or her alcohol or other drug use.

It is important for clients to reach an explicit decision—to state their definite intent—to try to work toward changing their use of alcohol or other drugs before proceeding to SRP counselling.

The basic principles of this component of the SRP approach include the following:

- Labels are de-emphasized: acceptance of the “alcoholism” or “drug addict” label is not necessary for change to occur.
- Personal choice is emphasized regarding future use of alcohol and other drugs.
- The therapist conducts an objective evaluation but focuses on eliciting the client’s own concerns.
- The therapist presents objective assessment feedback in a clear but low-key fashion, without imposing conclusions on the client.
- Resistance is seen as an interpersonal behaviour pattern influenced by the therapist’s behaviour.
- Resistance is met with reflection.

Treatment goals are negotiated between the client and therapist based on assessment feedback data and acceptability of treatment goals to the client; the client’s involvement in and acceptance of goals is treated as vital.

NOTE: For more details, see “Motivational Interviewing” by Tupker and Sagorsky (2004), reproduced in Appendix B.

Description	Clinical Tools
<p>The client receives feedback on the Assessment phase findings, with a focus on exploring the client's:</p> <ul style="list-style-type: none"> • reasons for change in alcohol or other drug use • pros and cons of change • strength of commitment for change • coping strengths • triggers for use (exploration of IDTS-8 profile, if undifferentiated). 	<ul style="list-style-type: none"> • Client's completed IDTS-8 • Decisional Balance Assignment p. 34 • Feedback about Goal Setting and Commitment to Change p. 35

THERAPIST CHECKLIST

Motivational Interviewing

BEFORE THE COUNSELLING SESSION

Review the client's results from the Assessment phase, including the IDTS-8 (p. 24) and the Assessment Summary Form (p. 29). Note whether the IDTS-8 is undifferentiated.

DURING THE COUNSELLING SESSION

- Discuss assessment findings with the client.
- Engage the client in a discussion of his or her reasons for wanting to change alcohol or other drug use.
- Have the client weigh the pros and cons of change, using the Decisional Balance Assignment.
- Discuss coping strengths and weaknesses with the client.
- Review the client's problematic triggers to alcohol or other drug use, and have the client suggest some interim coping alternatives.
- If the client's IDTS-8 profile is undifferentiated, explore possible reasons for this (see Therapist Checklist: Troubleshooting for Undifferentiated IDTS-8 Profiles [p. 27]).
- Work together with the client to complete the Feedback about Goal Setting and Commitment to Change form, and follow up with a discussion. (Note that clients should take the completed form away with them.)

NOTE: Motivational Interviewing may require only one session or it may need several sessions. This checklist is intended only as a guide to areas of discussion that may help clients strengthen their commitment to change.

Decisional Balance Assignment

One of the first steps toward successfully changing your substance use is reaching a clear decision that you want to change.

In this exercise, you will think about and record some of the important advantages and disadvantages of changing or continuing your drinking or other drug use. You will stack up what you have to lose against what you have to gain.

Fill in the table below. When you are finished, review your answers and weigh your reasons for change. Which way does your decisional balance tip?



Changing Your Current Drinking or Other Drug Use

What's good about it?

What's not so good about it?

Continuing Your Current Drinking or Other Drug Use

What's good about it?

What's not so good about it?

Name: _____ Date: _____

Feedback about Goal Setting and Commitment to Change

Thank you for attending this appointment to talk about some of the things that have been going on in your life. The purpose of this treatment process is to work with you to come up with helpful solutions that fit your personal goals and priorities.

You are asked to complete this form because some people find that written feedback and information can help them make decisions about behaviour change, look at different treatment options or just reflect on how substance use issues affect their lives.

SETTING GOALS FOR CHANGE

1. What is your goal for the substance you most often use?

Substance: _____

Not using at all Cutting down Continuing to use Undecided

2. What is your goal for the substance you use the next most often?

Substance: _____

Not using at all Cutting down Continuing to use Undecided

3. What is your goal for any other substance(s) you use sometimes?

Substance(s): _____

Not using at all Cutting down Continuing to use Undecided

A Note about Risk

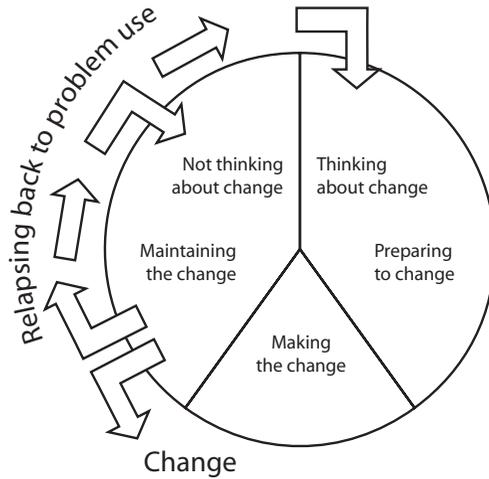
How or whether you use substances is your own personal decision. However, if you continue to use alcohol or other drugs, you will expose yourself to increased risks, especially if you:

- *are pregnant*
- *have mental health issues*
- *use prescription drugs (medication)*
- *have diabetes*
- *have a seizure disorder*
- *have an active peptic ulcer or gastritis*
- *have active hepatitis*
- *are under a legal order to abstain*
- *have advanced coronary heart disease*
- *have cancer*
- *have cirrhosis of the liver*
- *are at risk of negative social consequences (such as fighting with a partner).*

TO CHANGE OR NOT TO CHANGE?

What would you like to change in your life?

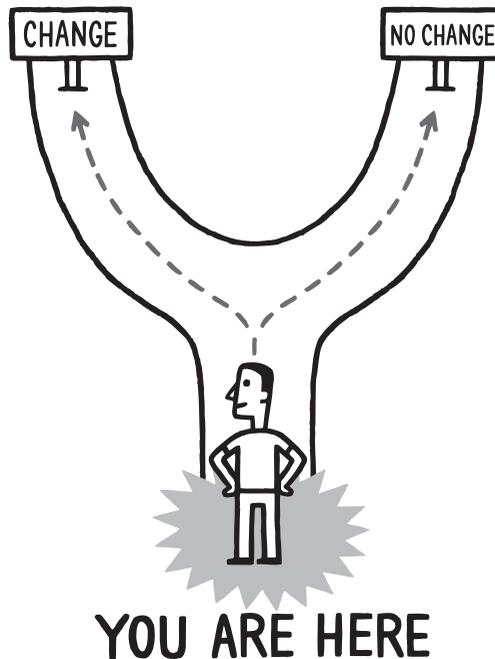
Change can be hard—even making a decision to change may take a long time for some people. Change is also a process. It generally doesn't happen all at once, but in stages.



Where are you in the change process?

The questions on the next page may help you to get a better picture of:

- how important changing is to you
- how confident you feel
- how ready are you to quit or cut down your use of substances.

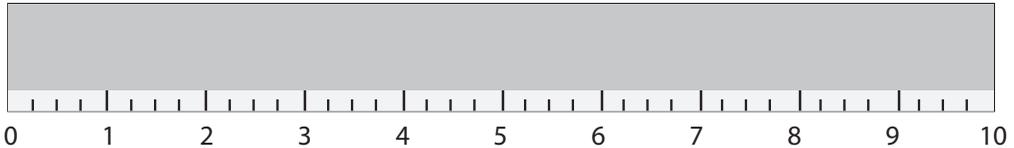


THE READINESS RULER

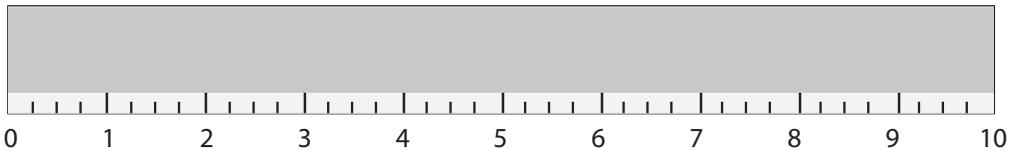
People usually have several things they would like to change in their lives. Your substance use may be only one of the things you hope to change. Your **motivation** to change your substance use can vary, depending on other things that are happening.

On each of the rulers below, circle the number (from 0 to 10) that best fits with how you are feeling right now.

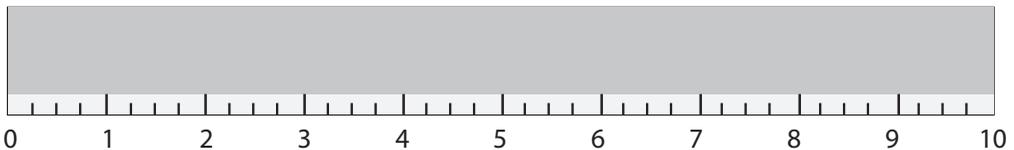
1. How **important** is it to you to reduce or quit using alcohol or other drugs?



2. How **confident** are you that you will not use alcohol or other drugs?



3. How **realistic** is it that you will stay away from alcohol and other drugs in the long term?



SOME QUESTIONS TO THINK ABOUT

- Why are you at your current score and not at zero?
- What would it take for you to move to a higher score?
- What has made this change important to you so far—why are you not at zero?
- What would it take to make this change even more important to you?
- What support would you need to make a change, if you chose to do so?

This exercise can also be used to explore readiness to change other behaviours, such as taking prescribed medication, looking for a job or finding stable housing. Feel free to discuss any of the information on this form with me.

Signature of Clinician

Name and Credentials (print)

Contact Information