

Motivational Interviewing with the Problem Gambler

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Objectives

- ▶ Learn what Motivational Interviewing is and how it works to effect change with gamblers
- ▶ Learn how to apply the skills of MI to gamblers
- ▶ Gain an enriched understanding of the change process and our resistance to change.
- ▶ Learn and how to move clients through the stages of change.

Our Righting Reflex

- ▶ Mental Health Worker. Home visit .
Sandy 25 yo pregnant
Panic Attacks
2 empty bottles of wine on the sink
A bunch of Scratch-Offs and Lotto Tickets

What are your first thoughts? Feelings?

What do you want to do?

How strong is your righting reflex in this moment? 0-10

What cues you that you are being triggered?

How could you manage your thoughts so as not to interfere with developing a sound therapeutic relationship?

Our Righting Reflex

- ▶ *Consider something about yourself that...*
Someone has suggested you could change

Less sugar....

Be on time...

Increase physical activity...

Get more sleep...

Eat healthy...

or...

<https://www.youtube.com/watch?v=B5J9h0utSu0>

Persuasion/Pressure Style – Helper's task

3 minutes

Explain WHY the person should make this change

Describe 3 BENEFITS that would result from changing

Tell the person HOW to make the change

Emphasize the RISKS they face if they don't change

PERSUADE/PRESSURE the person to do what you suggest

PS: This is NOT MI – No reflective listening or exploring

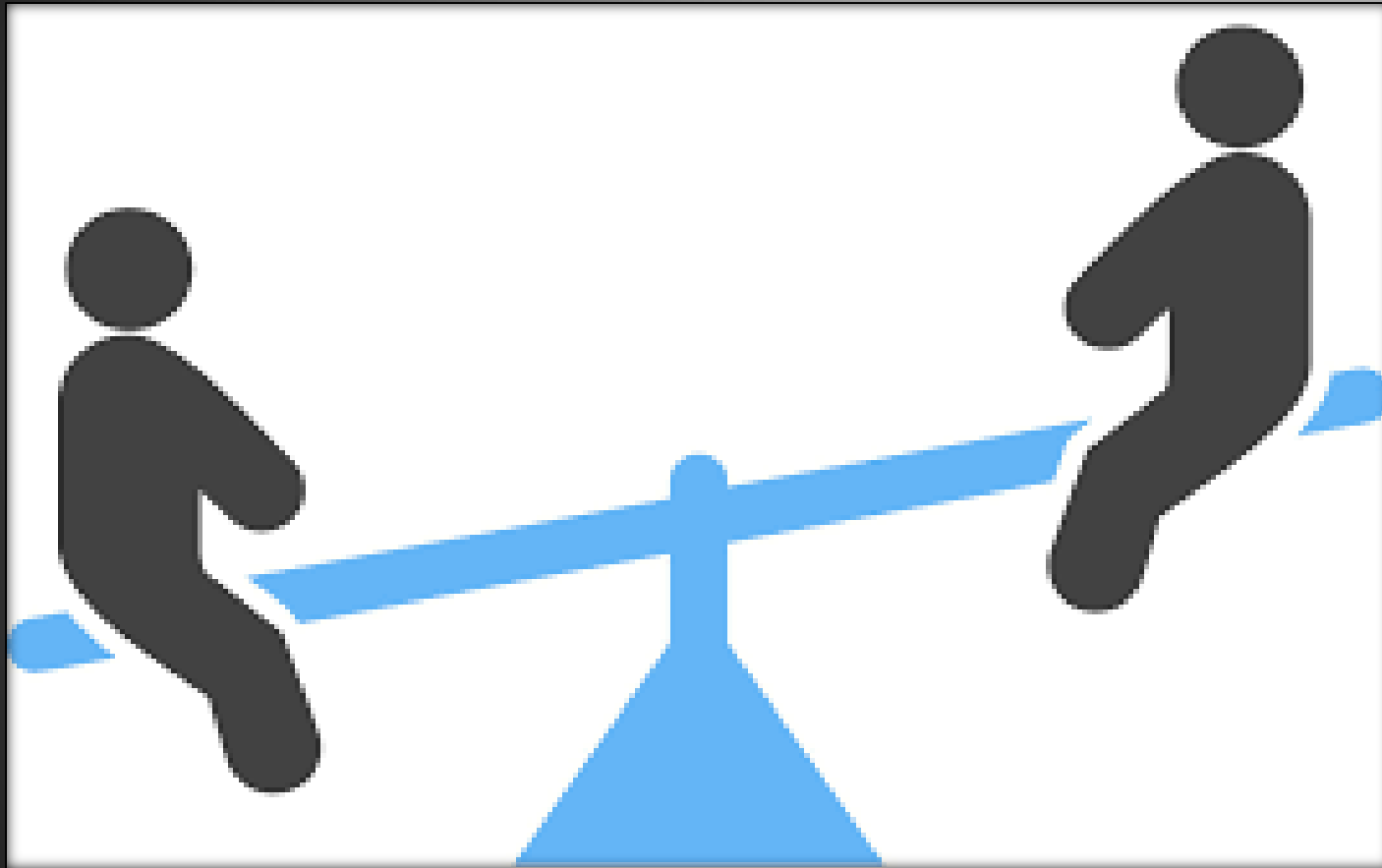
Under pressure....

▶ People feel, think and behave in the following
INVALIDATED – Disrespected, Misunderstood,
Ashamed, Unable to change...

RESISTANT – Defensive, Argue, Deny, Delay...

WITHDRAWN – Disengaged, Passive, Inattentive,
Avoid...





<https://vimeo.com/18469694>

Evoking style common responses

- ▶ People feel, think and behave in the following...

AFFIRMED – Respected, Understood, Empowered, Hopeful...

ACCEPTING – Open, Interested, Cooperative, Less defensive...

ENGAGED – Talkative, Activated, Liked, Approachable...

<https://vimeo.com/121078913>

Evoking Style – Helper’s task

(5 Minutes)

LISTEN CAREFULLY to deeply understand the dilemma

ASK these open questions (then listen):

1. Tell me a little about the change you are considering
2. What **BENEFITS** would there be if you make the change?
3. **HOW MIGHT** you go about it in order to succeed?

GIVE a short summary

ASK “ So **WHAT DO YOU THINK** you will do”

THANK them for sharing



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MILLER'S RESEARCH

- ▶ Providers can significantly influence client motivation
- ▶ Motivation is not seen as a client trait, but the interpersonal process between client and provider
- ▶ How a provider thinks about motivation and change greatly influences what a provider does

Definitions of Motivational Interviewing

MI is a collaborative conversational style for strengthening a person's own motivation and commitment to change.

Layperson's Definition

MI is a person – centered counseling style for addressing the common problem of ambivalence about change.

Practitioner's definition

MI is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.

Technical Definition

(Miller and Rollnick, 2013)

How does MI work?

- ▶ Through *conversation* with the client, MI *evokes* a person's desire for change.
- ▶ *It is not trying to get others to do what you think is correct.*
- ▶ *It is not coercive, demanding, or directive.*
- ▶ Use MI when there is a clear and urgent need to change a client's behavior in a particular direction (Helping them to stop drinking or hurting their children.).
- ▶ Use MI when there is ambivalence about change.

Spirit of Motivational Interviewing

“PACE”

- ▶ **Partnership:** MI is not coercive but is implemented for and with the client.
- ▶ **Acceptance:** Respect the client and see them as they are. Accepting the client is not approval.
- ▶ **Compassion:** Actively support the welfare of the client. Give priority to their needs.
- ▶ **Evocation:** The solution already exists in the client. Our job is to evoke or call it forth.

<https://www.youtube.com/watch?v=-RXy8Li3ZaE&list=PLHT3K2idftOR6N7jGRZAdR9oQPXyB-Evj&index=9>

PACE – Evoking

▶ Evoke Ideas

How can we do this?

Elicit the importance of making a change

Instill confidence about making change

Develop readiness to change

Evoking Handout



Basic Principals of MI

- ▶ Expressing Empathy
- ▶ Developing Discrepancy
- ▶ *Rolling with Resistance – Sustain Talk*
- ▶ Supporting Self-Efficacy

Ambivalence

What is ambivalence all about and how does it fit into the change process?

Ambivalence

Cognitive

Keep things the same.....Try something new

Emotional

Fear/anger/shame.....Excitement/confidence

Behavioral

Halting/hesitating/rushing.....Slow/steady

Goal

Promote – CHANGE TALK

Dampen – SUSTAIN TALK



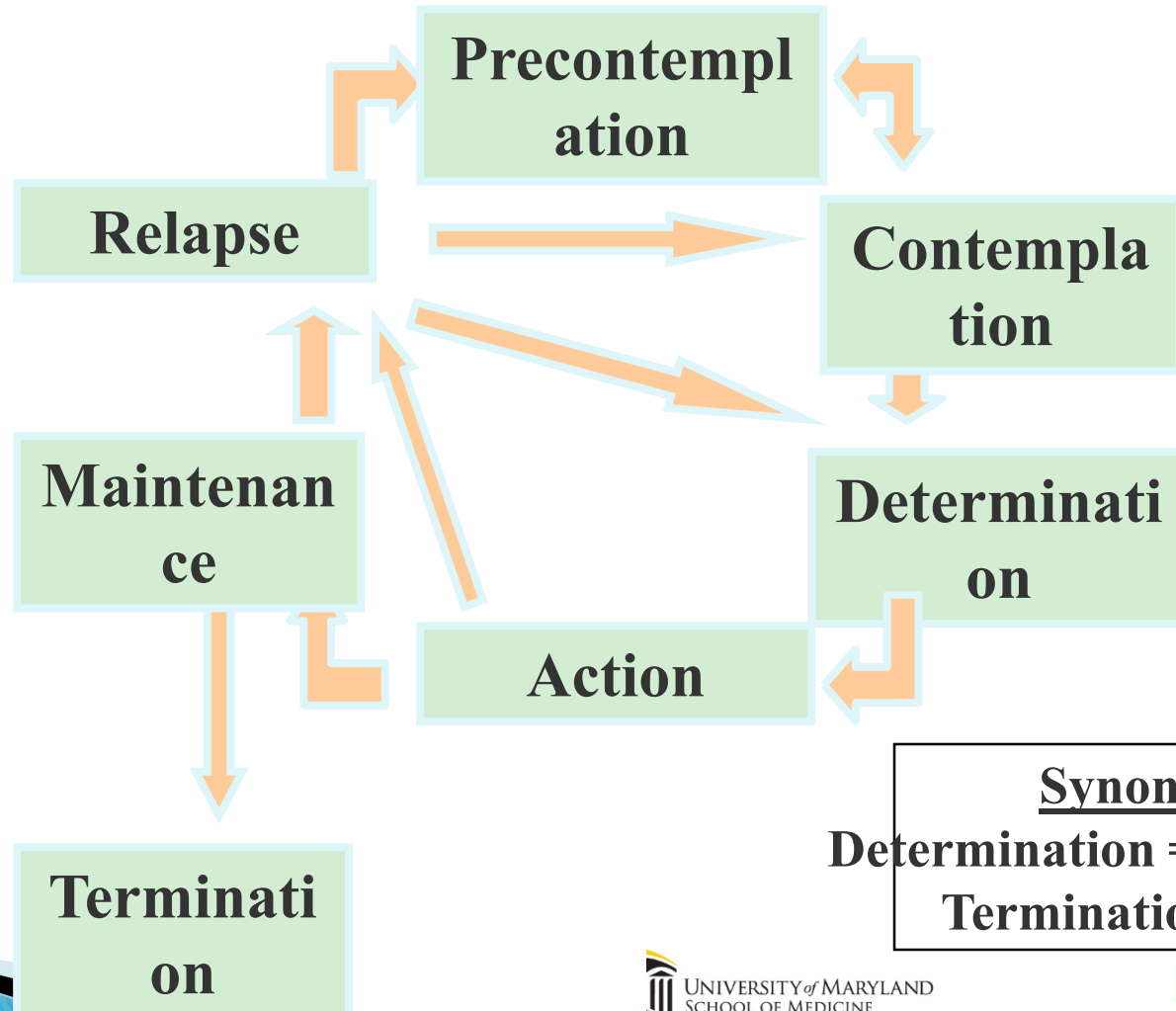
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Transtheoretical Model



Synonyms
Determination = Preparation
Termination = Exit

Prochaska, J. and DiClemente, C. (1982) Stages and processes of self-change in smoking: toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 50, 390-395.

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Key Communication Skills

O.A.R.S.

OPEN-ENDED QUESTIONS

AFFIRMATIONS

REFLECTIONS

SUMMARY

PROVIDING INFORMATION AND
ADVICE WITH PERMISSION



Open ended questions

- “Where did you grow up?”
- “How much do you bet in a day?”
- “How does gambling fit into your life?”
- “Do you know that high blood pressure is a risk factor for heart disease?”
- “How has PTSD affected your life?”
- “Tell me a little about your combat experience.”
- “Was your combat experience traumatic?”
- “Question–answer trap.”

Affirmations

- Build self efficacy
- Encourage more progress
- Help clients reveal positive aspects of themselves
- Targeted labeled
- “You’ve demonstrated commitment to your health just by coming in today.”
- “You feel confident that you could do it if it were important to you.”
- “Your commitment to your fellow veterans is commendable.”

Reflections–Simple

- Mirror
- Give back
- Repeat
- Rephrase
- Paraphrase
- Make manifest what you hear the client saying or see the client doing, such as smiling or looking sad

Motivational Interviewing

- ▶ Summary

Conversational Style

Evoking – Change Talk

*Compassion/Affirmations/Planning
Questions?*

THANK YOU

PEACE

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https://www.youtube.com/watch?v=VT_d2yjkUaY



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