

Review
From Last
Week

Ask Offer Ask

OARS

3:1 Ratio of Reflections/
Affirmations to Questions

How did it go? Any Examples
from your work?





Today's Path

- Deeping Reflections – In the Moment Exercise
- Responding to Ambivalence
- Values and Motivation

Client – “I’m struggling with the idea of returning to school.”

Different Reflective Responses

- **Simple**
 - “ You’re not sure you want to return to school.”
- **Complex**
 - “ Change is hard”
 - “ You have some reasons why you’re struggling.”
 - “ You’re confused/ scared about returning to school.”
- **Double-sided:**
 - “ Part of you wants to keep things the way they are, while another part of you wants to make a change..”
 - “ There are some advantages to staying out of school, but also some disadvantages.”
- **Amplified**
 - “ You’re finding yourself really OK with how things are now and never returning to school.”
 - “ You’re not sure anything good could come from returning to school.”



In the Moment Exercise

Break Out Rooms



Break-Out Rooms: With a Partner Write Complex Reflections (2 minutes each)

- Change is hard.
- You're just here because it's your job.
- I've never trusted anyone in my life, why should I trust you
- I've already been in therapy and learned all this shit... I've got it and I'm good.
- I don't know why my parents won't let me hang out with my old friends.
- Thinking about quitting is easy. Doing it is another story.



Some Reactions from Teenagers

" My parents will not understand if I tell them about my suicidal thoughts."

"My suffering is going to last forever"

" Next year is going to suck. My whole friend system is going to collapse."

" I don't need your or anyone else's help."

" Therapy isn't helpful because it doesn't take my depression away."

" My parents are going to make me do what they want, so why should I care or offer an opinion."

Some Reactions from Parents

"I wish my kid would just suck it up and not be so sensitive."

"I give up... he's never going to listen to me"

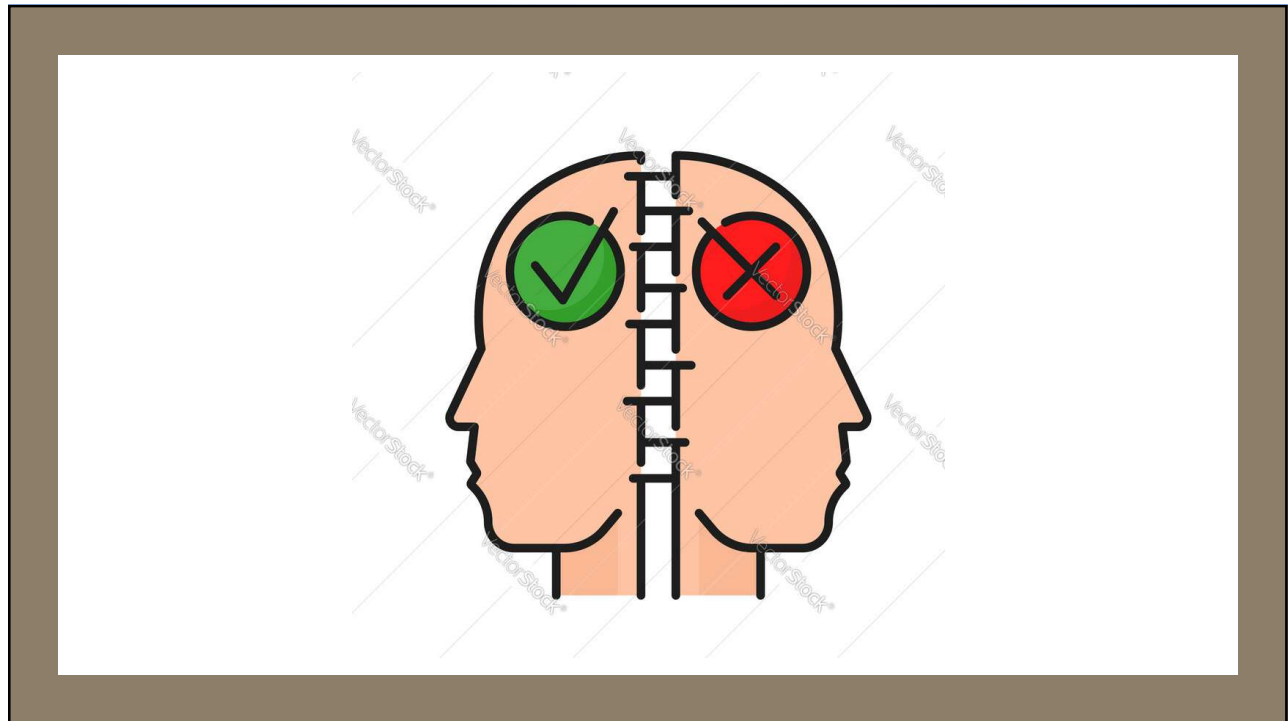
"I'm not sure why I'm here. She's the one with the problem."

"I just never sleep anymore... his suicide attempt has me feeling fear all the time."

"No offense, but these home visits are really uncomfortable. I worry you're going to recommend taking my kids away."

Complex Reflections after "I Don't Know" – What's Your "hunch?"

- Can you think of a complex reflection for the following scenarios?
 - You have a new client who has come in for problems with anxiety. You notice they will start to say I don't know when you ask them about feared situations. Your hunch is that they are avoiding conversation that makes them anxious. What are some possible complex reflections?
 - You have an established adolescent client who will shut down when you start to talk about their depression and possibility of whether you will need to discuss with parents. Your hunch is that they feel shame about being depressed. What are some possible complex reflections?



Working with Ambivalence

• "Think of a time you felt ambivalent about making a personal change."

• "What did that feel like internally?"

• "What responses from others were helpful?"

• "What responses made you feel more stuck?"

Responding to Ambivalence

Ambivalence is a common and even healthy part of the change process

Less about trying to talk someone out of their position, but more about helping give voice to their reasons for wanting to change and NOT change.

ON SECOND THOUGHT

HOW AMBIVALENCE SHAPES YOUR LIFE

William R. Miller, PhD

It is the Spirit of MI to...

Appreciate Ambivalence

ADDITION FOR DEBATE

SSA SOCIETY FOR SCIENTIFIC ADDICTION

Ambivalence: Prerequisite for success in motivational interviewing with adolescents?

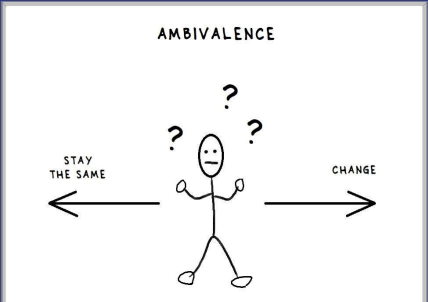
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ABSTRACT

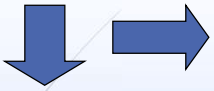
Background and Aims The exploration and resolution of ambivalence play an essential role in motivational interviewing (MI) theory. However, most adolescent MI studies have not examined ambivalence as a contributor to behavior change. This paper reviewed research findings on the role of ambivalence in the adolescent change process. **Methods and results** We undertook a narrative review of the published empirical and theoretical literature on ambivalence and mechanisms of change in MI for adolescents and found that current MI evaluations appear not to have access to reliable and valid measures of ambivalence in adolescence or neuroimaging methods to evaluate the mechanisms of treatment response. **Conclusions** Improved instrumentation is needed to assess adolescents' ambivalence in clinical and research settings. Innovative methodologies, including neuroimaging, may help identify factors mediating relationships between

Exploring Ambivalence





- Ask Permission
- Ask “disarming open-ended question”
 - “What are some of the advantages for keeping thing the way they are?”
- Ask “reverse” open-ended question
 - “On the otherhand, what are some of the reasons for making a change?”
- Summarize both sides of the ambivalence
 - Start with reasons for NOT changing, followed by reasons for changing.
- Ask – “Did I get it all?”
- Ask about next step – “What’s the next step, if any”
- Show appreciation and Voice confidence:
 - “Thank you for your willingness to talk with me about _____. I’m confident when/ if you decide to make a firm decision to make a change in this part of your life that you’ll find a way to do it.”

Appreciate Ambivalence

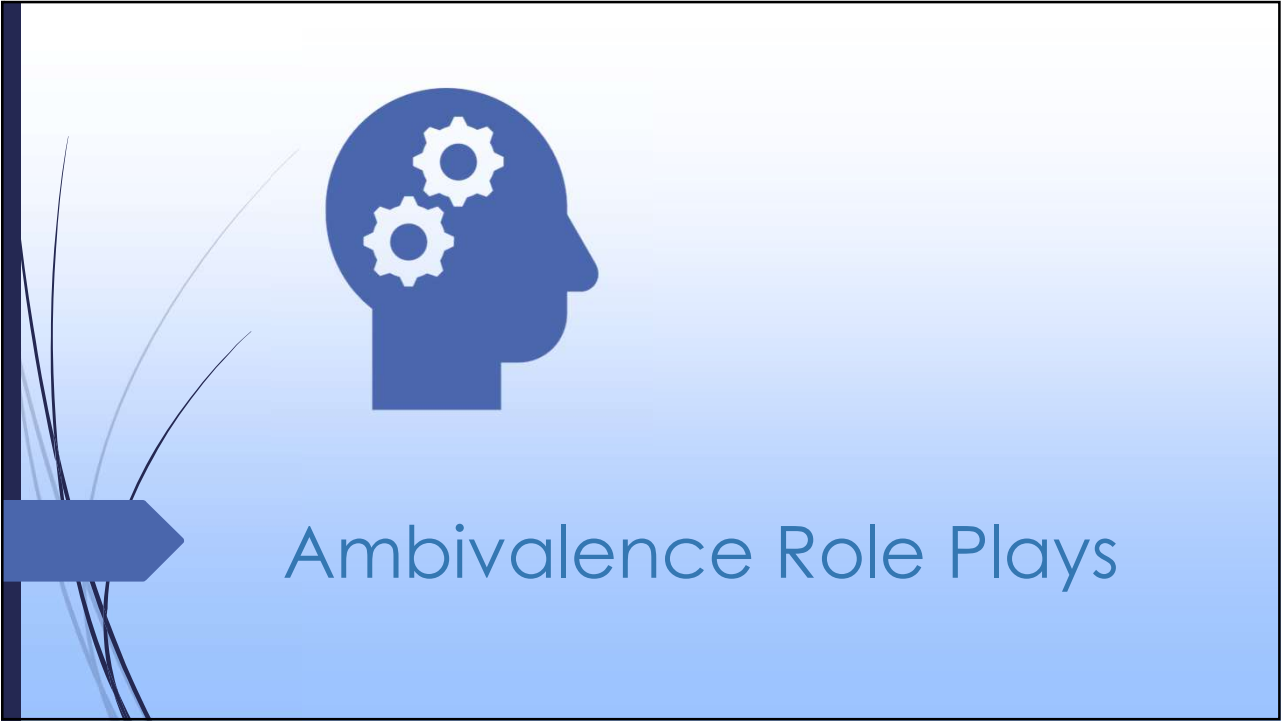
	Using marijuana	Quitting marijuana
Benefits of:	Helps me relax Helps with pain My friends and I have fun when we smoke I feel fine	Stay healthy Save money Stay out of jail Finish probation I am less likely to die
Costs of:	Doctor lectures me I am broke Nasty cough Legal problems	My friends will think I’m boring My pain will be worse I will feel more anxious


Help Yourself!

 	Continuing _____	Quitting _____
Benefits of:		
Costs of:		

More Skills...

- **Double-sided reflections:** "Part of you wants to... and part of you..."
 - Order important...start with reasons for staying the same.
 - "Part of you likes how the relief you get from weed, and another part of you is tired of feeling groggy every morning and not remembering things."
- **Amplifying the client's own motivations** rather than providing external reasons
 - While not spanking your child will keep the social worker away, you've noticed that some the other approaches we've talked about are working and actually decreasing the stress in the home.
- **Exploring discrepancies** between values and current behavior.
 - You've mentioned that your relationship with you mom is very important to you, yet your anger has really caused a strain in this relationship. What's that like for you?



 Helping Generate Some Ambivalence

The Pre-contemplative Client often feels strongly towards the direct of not changing.

Taking a guiding approach, and consistent with meeting them where they are, a values clarification exercise can

Values Clarification Handout

Creating Movement- Using Values Clarification Exercises to Motivate Change

See Handouts on
Values

For This Week

- Keep Deepening Reflections and taking Some Risks going deeper
- Look for opportunities to practice ambivalence strategies
- Find a client you might utilize a value exercise.

