



Integrating Motivational Interviewing into Family Training

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Objectives

- 1) Participants will be able to describe the spirit of Motivational Interviewing (MI) in relation to behavioral change
- 2) Participants will be exposed to examples of counseling techniques they may carry into their own practice
- 3) Participants will engage in interdisciplinary discussion regarding the feasibility of incorporating MI into family training

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Motivational Interviewing

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Questions for TBIMS

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Motivational Interviewing

Brief History

- 1980s - Introduced in 1983 by Miller and Rollnick
- 1990s - Garnered international attention for substance abuse
- 2000s - Expanded to healthcare
- 2010s - Incorporated into preventative care and health maintenance

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Motivational Interviewing in Healthcare

- Coronary Heart Disease (Johanasson, Eriksson & Hellstrom, 2018)
- Primary Care (Kelley, Engel, Reed, Brody & Burke, 2018)
- Chronic Kidney Disease (Anderson, Aldous & Lupu, 2018)
- Diabetes (Dobler et al., 2018)
- Preventative Dentistry (Batra, Shah & Virtranen, 2018)
- Audiology (Draper & Goyne, 2017)
- Oncology (Braun et al., 2018)
- Stroke (Watkins et al., 2007)

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Motivational Interviewing

Spirit of MI

- Develop a therapeutic alliance
- Explore ambivalence
- Elicit "change talk"
- Encourage goal setting



Motivational Interviewing

Guiding Principles

- 1) Express empathy
- 2) Develop discrepancy
- 3) Avoid argument
- 4) Adjust to resistance
- 5) Support self-efficacy and optimism



Motivational Interviewing

Counseling Strategies

- 1) **OARS**
 - a. Open ended questions
 - b. Affirmations
 - c. Reflections
 - d. Summaries
- 2) Resist the "Righting Reflex"
- 3) Scaling



Motivational Interviewing

In Persons with Brain Injury

"MI, in its purest sense, relies upon the recipient of therapy being able to recognize that a change may be required, being able to generate ideas for options of different paths of action, being able to weigh those options, being able to choose between those options, being able to learn new information, being able to recall information and being able to recall the decision taken" (Halloway, 2012. p. 127)



Benefits of Family Training

Are we preparing families for home?

- 1) A **structured plan** for family intervention reduces perceived obstacles obtaining post acute services (Kreutzer et al., 2009)
- 2) Building the **resilience** of patients and family members supports community engagement and promotes improved QOL (Godwin, Lukow & Lichiello, 2015)
- 3) Need to shift focus from providing information to utilizing family as a **facilitator of change** (Fisher, Bellon, Lawn, Lennon & Sohlberg, 2019)



Benefits of MI in Family Training

- 1) Align Goals
 - a) Build resilience
 - b) Elicit behavioral change
 - c) Support self-efficacy
- 2) Increase Efficiency
 - a) Can start to build rapport, train and elicit change talk within a short session
 - b) Can be conducted by phone either during admission or as a follow up
- 3) Guide our skilled services
 - a) Meet our patients and families "where they're at"



Case Study #1

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Case Study #2

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Discussion

Participation is Rewarded

- 1) Name one counseling strategy
- 2) List one healthcare domain that has used MI
- 3) Potential benefit
- 4) Questions

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