

AWAKENING MOTIVATION

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Welcome!

AGENDA

- Historical overview
- Why motivation? Why Now?
- Responsivity
 - (put on that white lab coat)
- Start with Strengths
- Motivational interviewing overview

WATCH OUT!

- You can't become an expert from a webinar
- The content is not basic
 - Most people can't demonstrate these skills
 - I emphasize the foundation and add take-home skills along the way.
- Apologies in advance if I can't respond to each question. Time is short!



Awakening Motivation for Difficult Changes

David S. Proctor and
Robin J. Wilson



GRATITUDE!

- ❖ Robin Wilson
- ❖ Scott D. Miller
- ❖ Daryl Chow
- ❖ Steve Berg-Smith



MY MOTIVATION

Problems:



- ❖ Disrespect by many professionals of the earliest phases of treatment
- ❖ Implicit assumptions of many professionals
 - “treatment is a privilege” vs. change is a right
 - “I only accept you if you accept my timetable for change.”



IN THE BEGINNING...



MANY MOTIVATIONS

- Sexual



- Non-sexual



MARTINSON, 1974

probable duration of this
do not know.

Does nothing work?

Do all of these studies lead us irrevocably to the conclusion that nothing works, that we haven't the faintest clue about what works and reduce recidivism? And if

IS TREATMENT EFFECTIVE?



Furby, Weinrott, & Bradshaw (1989)

- No Overall Differences in Outcomes Due to Methods Used

Sex offenders who successfully complete treatment have significantly lower re-offense than those who don't.

- Schmucker & Lösel, 2015
- Hanson et al (2002, 2009)
- SOTEP (2005)

YOUR EFFORTS MATTER!!!

- 581 therapists
- 6,146 real world clients
- Average sessions = 10
- 46% depression, 30% adjustment disorder, 11% anxiety, plus other diagnoses
- Who got the best outcomes?
 - Training makes no difference
 - Profession makes no difference
 - EXPERIENCE makes no difference
 - Diagnosis makes no difference



Wampold &
Brown (2005)

THE SAFEST SEX OFFENDER

(THANKS TO GWENDA WILLIS AND DOUG BOER)

- Stable
- Occupied
- Accountable to supportive people
- Plan for the future
- Everything to lose by repeating past behavior





TAKE-AWAY SKILLS

- ❖ Create new mindsets
- ❖ Go slow and listen long
- ❖ Spend 20% of session engaging
- ❖ Listen for ambivalence
- ❖ Dance with discord
- ❖ Expect & respect the unexpected
- ❖ Be multi-modal and use your space
 - YOU are the most influential presence



BEFORE YOU PAINT YOUR HOME...

❖ This is the first step to change



This is awakening motivation

❖ This is treatment



This is maintaining motivation

REALITY

- ❖ We need to ...
 - build willing partners in change
 - build treatment completers
 - build responsivity



EFFECTIVE PROGRAMS

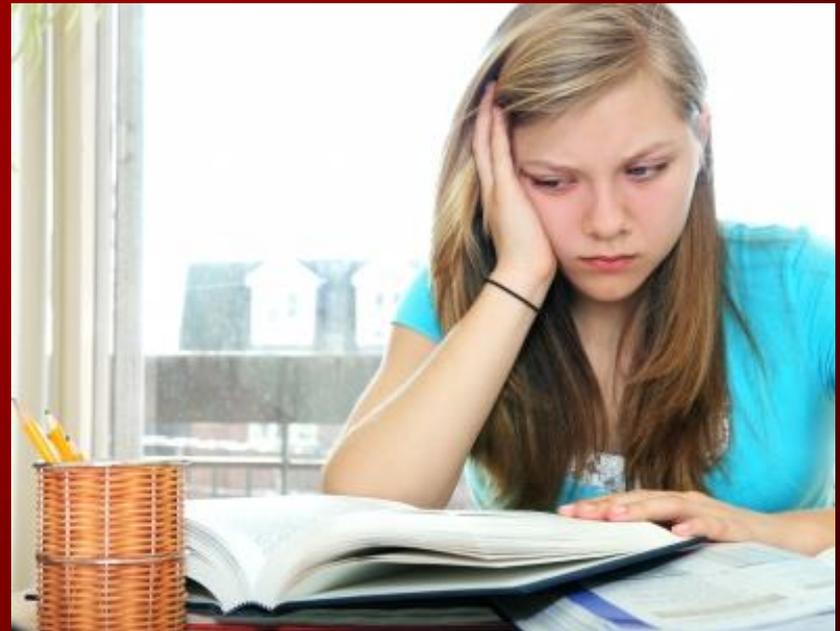
RESPONSIVITY principle

- ❖ effective programs are those which are responsive to client characteristics
 - cognitive abilities
 - maturity
 - motivation
 - mode of intervention
 - scheduling concerns
 - neurological impact of trauma

RELATIONSHIP PROBLEMS



LEARNING DIFFICULTIES



HYPERACTIVITY



COMMUNICATION DIFFICULTIES



PARADOXICAL COMMUNICATION

- ❖ You need to be more motivated to change.
- ❖ Treatment holds the promise of a “good life”.
- ❖ It is our job to point out your thinking errors; however, it is not acceptable for you to observe when we are using thinking errors.
- ❖ We expect you to demonstrate meaningful and consistent behavioral change within a highly controlled environment.
- ❖ You need to participate fully in treatment regimens that we professionals cannot agree on ourselves.

COGNITIVE RIGIDITY



AMBIVALENCE

- ❖ I want to work with you, but I don't want to sacrifice myself
- ❖ I want to change, but I want to be respected
- ❖ I want to be in treatment, but I don't want to be in a one-down position
- ❖ I want to look at myself, but I don't want to feel less of a man
- ❖ etc. etc. etc. etc. etc.
- ❖ Next time you're talking to someone, see what ambivalence you can detect.

ABSENCE OF CURIOSITY



KEY THEME IN WORKBOOK

...

- ❖ Just notice
- ❖ See what happens next
 - Not just mindful...
 - Investigating each experience



LET'S START WITH
STRENGTHS

FIND THE
STRENGTH



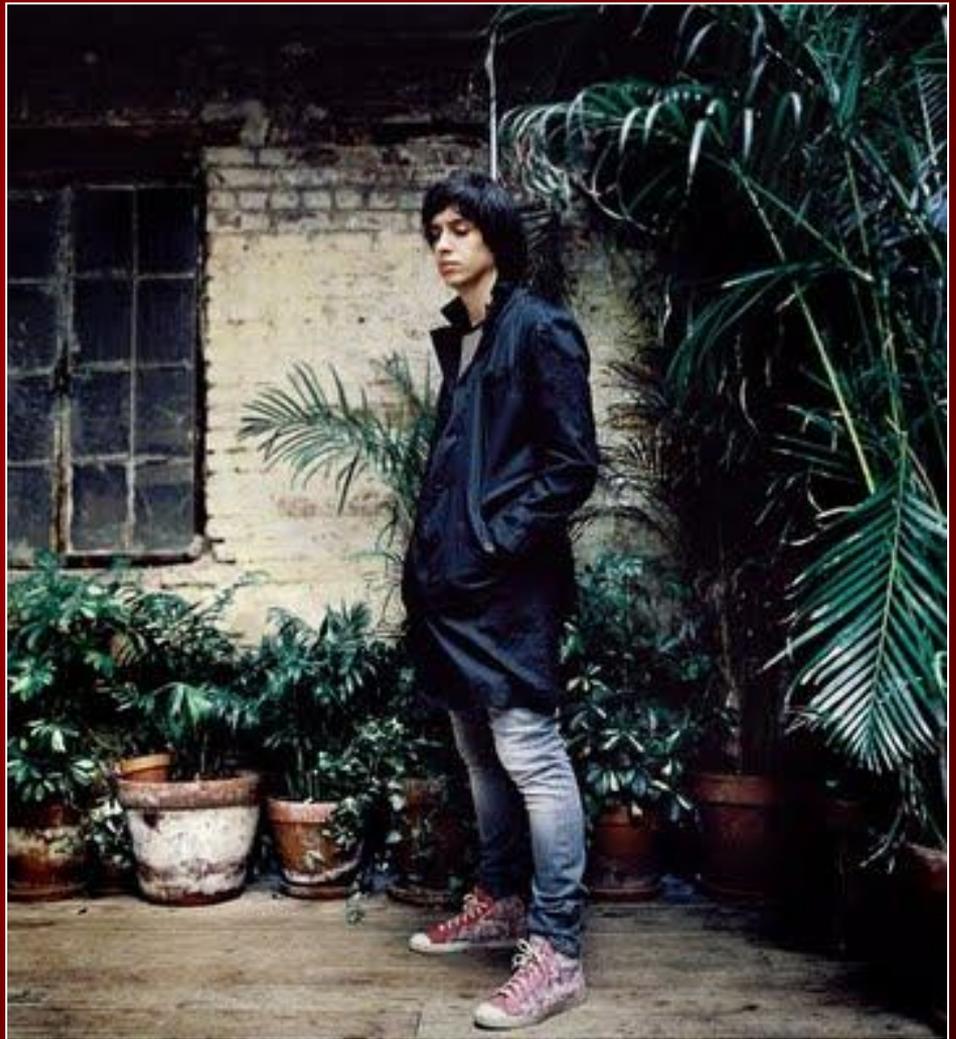
FIND THE STRENGTH



FIND THE STRENGTH



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FIND THE STRENGTH



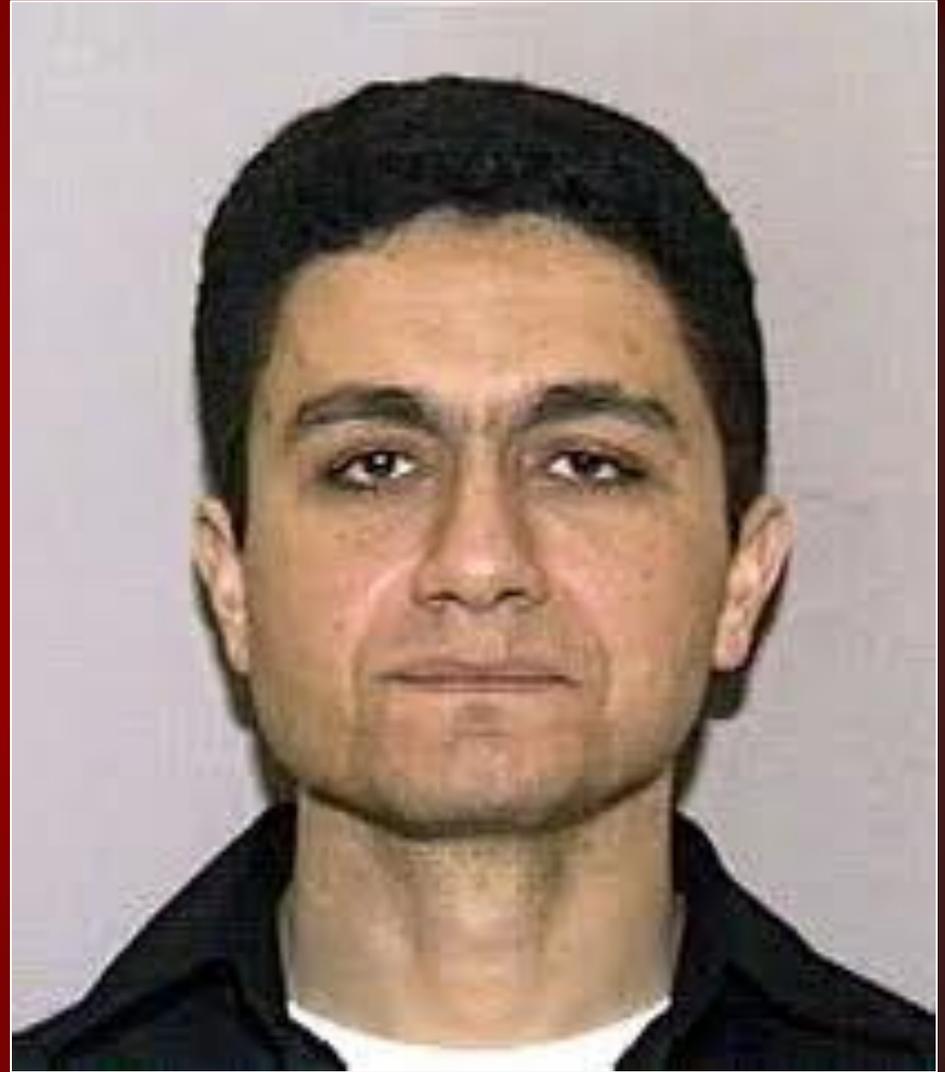
EXERCISE #1

- Affirmation



EXERCISE #2

◆ Affirmation



MOTIVATIONAL INTERVIEWING

PRACTITIONER'S DEFINITION

- Motivational interviewing is a person-centered counseling style for addressing the common problem of ambivalence about change.



THE SPIRIT OF MOTIVATIONAL INTERVIEWING

- Partnership
- Acceptance
- Compassion
- Evocation



FOUR PROCESSES

- Engaging
- Focusing
- Evoking
- Planning



THESE PROCESSES ARE...

- Somewhat linear
- And also recursive



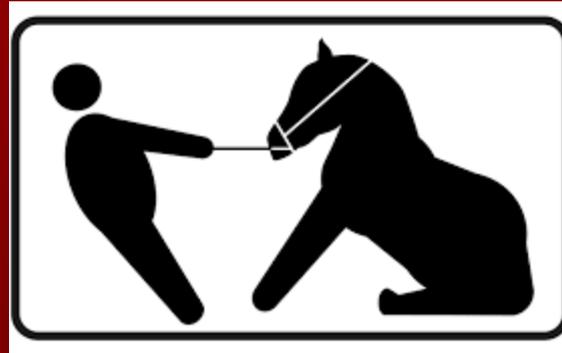
TALK



Sustain

Change

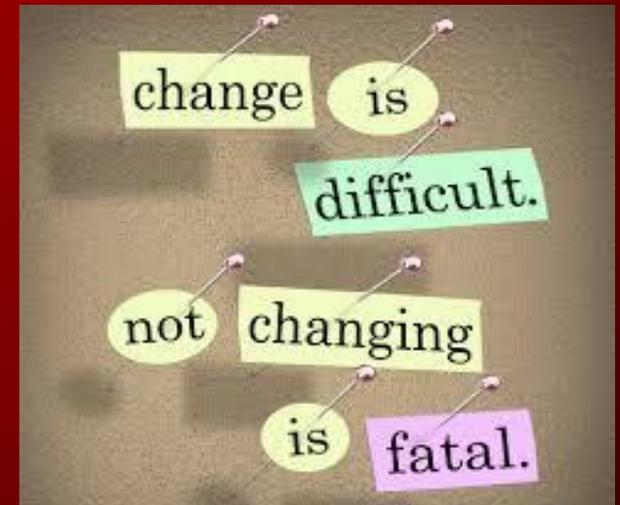
Commit



There is no such thing as “resistance”

CHANGE TALK

- Desire *“I want to...”*
- Ability *“I can...”*
- Reason *“There are good reasons to...”*
- Need *“I need to”*



RESPONDING TO CHANGE TALK

- *When you hear change talk, don't just stand there!*
- Elaborate (tell me more)
- Affirm
- Reflect
- Summarize



GETTING MOVING: OARS

- Open questions
- Affirmations
- Reflections
- Summaries



REFLECTIVE LISTENING

- Simple Reflection
 - Exact words
 - Closely related words
- Complex Reflection
 - Continuing the paragraph
 - Reflecting emotion



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