

MOTIVATIONAL INTERVIEWING IN CLINICAL PRACTICE

Version number 2

Level H

Credit value 20 (ECT 10)

Effective from September 2012

PRE-REQUISITES AND CO-REQUISITES

None

AIMS

All professionals at times, encounter clients who are ambivalent about making changes to their lifestyle, which may benefit their health. The aim of this unit is to enhance practitioners' in their knowledge and development of the core skills of motivational interviewing (Miller and Rollnick 1999;2002).The available evidence demonstrates that these can be applied across a number of disciplines within health, social care and criminal justice fields.

This unit allows students to:

Develop a comprehensive understanding of the theories and principles of motivational interviewing

Develop a comprehensive range of skills to resolve clients' ambivalence about change and strengthen motivation to make positive health and lifestyle choices change

Competently deliver the intervention within their clinical setting

INTENDED LEARNING OUTCOMES

Having completed this unit the student is expected to:

1. Critically review the principles of motivational interviewing
2. Demonstrate competence in motivational skills within the clinical setting
3. Analyse and critically evaluate research data related to the unit content and its application to practice
4. Use reflection to critically analyse performance of motivational interviewing skills.

LEARNING AND TEACHING METHODS

In this unit students will attend short didactic sessions, actively participate in small seminar groups and practice skills of motivational interviewing within groups. Video recordings of didactic practice will be discussed along with material from the students' practice settings

ASSESSMENT

Summative Assessment:

ILOs will be assessed by video (60%) and coursework (40%)

Indicative Assessment Information:

Typically students will demonstrate all learning outcomes by undertaking a video recording of a clinical session to demonstrate their competence in motivational interviewing (30 minutes) (60%). Consent from the client will be sought. In addition students will write a critical analysis of their practice witnessed in the video,

incorporating the key theoretical principles of and methods used in motivational interviewing (2000 words) (40%).

Students must pass each separate element of course work.

INDICATIVE CONTENT

Theories of `motivation`

Theoretical principles of motivational interviewing

The research evidence underpinning motivational interviewing

The core skills of motivational interviewing

The pivotal role of ambivalence in behaviour change

The ineffectiveness of rational argument and persuasion

Identifying negative consequences of behaviours

Assessing and matching strategies to the clients' readiness to change

Understanding, preventing and responding to clients' resistance

Utilising motivational interviewing with specific problem behaviours

INDICATIVE KEY LEARNING RESOURCES

Amrhein, P., Miller, W., Yahne, C., Palmer, M. & Fulcher, L. 2003. Client commitment language during motivational interviewing predicts drug use outcomes, *Journal of Consulting and Clinical Psychology*, 71, 862-878.

Burke, B., Dunn, C., Atkins, D. & Phelps, J. 2004. The emerging evidence base for motivational interviewing: A meta-analytic and qualitative enquiry, *Journal of Cognitive Psychotherapy*, 18, 311-325.

Dunn, C., Deroo, L. & Rivara, F.P. 2001. The use of brief interventions adapted from motivational interviewing across behavioural domains: A systematic review, *Addiction*, 96, 1725-1742.

Miller, W.R. 1983. Motivational interviewing with problem drinkers, *Behavioural Psychotherapy*, 11, 147-172.

Miller, W. & Rollnick, S. 2002. *Motivational Interviewing: Preparing People for Change* (2nd ed). New York: Guilford Press.

Rollnick, S. & Miller, W. 1995. What is motivational interviewing? *Behavioural and Cognitive Psychotherapy*, 23, 325-334.

Rollnick, S., Miller, W. & Butler, C. 2008. *Motivational Interviewing in Health Care: Helping Patients Change Behaviour*. Guilford Press.

Tober, G. & Raistrick, D. 2007. (Eds.) *Motivational Dialogue: Preparing Addiction Professionals for Motivational Interviewing Practice*. London: Routledge.