

0050

Motivatioanl Interviewing and Occupational Therapy

Simon Raine

Mental Health and Substance Use Service, Mater Hospital, Waratah, Newcastle, Australia

Occupational Therapy and Motivational Interviewing

Background

This workshop allows occupational therapists to learn about and practice Motivational Interviewing strategies for working with clients who are not always motivated to change. It highlights areas of similarity between Motivational Interviewing and two commonly used occupationally- focused models.

Aim

The workshop aims to:-

- outline the reasons for the development of Motivational Interviewing and its links to the Stage of Change Model.
- explain the key rationales and principles of Motivational Interviewing.

Method

During the workshop participants work in pairs and choose a Motivational Interviewing strategy from a handout of strategies and worksheets

Participants then

- practice using the strategy on an issue their partner identifies they are contemplative about
- practice trying to elicit a self-change statement from their partner
- experience how it feels being subjected to a Motivational Interviewing strategy

Discussion

Participants are asked to feedback on their experiences and success in using the strategy they have chosen. How to Engage with pre-contemplative clients is then discussed.

Conclusion

Motivational Interviewing is a client-centred approach that enables therapists to successfully work with clients who are often described as unmotivated or ambivalent about behaviour change.

Learning Outcomes

At the end of the workshop the participants will have an understanding of:

- The reasons why Motivational Interviewing was developed,
- Its link to The Stages of Change Model
- Its rationales, principles and strategies.
- The role of ambivalence in behaviour change
- The way in which discrepancy between a client's current behaviour and future goals can be used to heighten ambivalence
- How to achieve the key objective of eliciting self-change statements from clients, along with examples of such statements.
- Possible pitfalls and traps to avoid
- How to apply these techniques into practice

Maximum number of participants - 50 [300 words]