



Partnering in Change with People who have Complex Lives

A Few References

- Changing the World: CCISC Principles of Integrated Treatment (Extracted). Minkoff and Cline. Journal of Dual Diagnosis.
- Enhancing Motivation for Change in Substance Abuse Treatment: TIP 35. SAMHSA/CSAT. 1999 (SAMHSA.GOV).
- Motivational Interviewing: Preparing People for Change, 2nd Ed. Miller and Rollnick. The Guilford Press. 2002.
- The Transtheoretical Approach: Crossing the Traditional Boundaries of Therapy. Prochaska and DiClemente. Dow Jones-Irwin. 1984.

Motivation

- Why are people gifted with the capacity for change?
- Why do we naturally engage when it feels right?

“Spirit of Motivational Interviewing” (Motivational Interviewing, p. 35)

- Collaboration vs. Confrontation
- Evocation vs. Education
- Autonomy vs. Authority

“General Principles of Motivational Interviewing” (Motivational Interviewing, p. 36)

- Express Empathy
- Develop Discrepancy
- Roll with Resistance
- Support Self Efficacy

Getting Started as a Clinical Partner

- Join the person in the framework of their real life
- Inspire hope
- Empathically connect to the person and his or her life experiences
- Be a helpful in a recovery partnership

Stages in the Context of Life

- For every person, there is a self-defined happy life.
- For every issue, there is a stage of change related to that happy life.

Stages of Change

Precontemplation

“You may think this is a problem, but I don’t, so stop bugging me!”

The Role of Precontemplation:

“I know my life the way that it actually is. I’m wondering if it is a good idea to talk about it with you so you understand me and my life. I’m worried you will just tell me what to do, and not listen to—and support—my perspectives.”

Precontemplation → → Contemplation

Contemplation

“I am willing to talk to you about my life and what is going on with this issue. I am willing to consider whether to change, but I have no plans to change right now.”

The Role of Contemplation:

“I’m considering *if changing anything* about this issue would make sense in my life and help me make progress toward what I want my life to be.”

Contemplation → → Preparation

Preparation

“I think I might want to do something a little different, but I don’t know what. I haven’t started to change and I need some help to get started.”

The Role of Preparation:

“I want to find one *small* thing that makes sense to work on or change to make my life better, and I need to know a bit about how to get started with that work successfully.”

Preparation → → Early Action

Early Action

“I’ve started to make some changes, and I want to continue. But don’t misunderstand me, I don’t think I have to commit to doing everything everybody else thinks I should commit to doing. The change I’m working on is good—hard, but good. If you can help me with *my* changes, that would be great.”

The Role of Early Action:

“I take small steps, learn what works, try more steps, and learn some more.”

Early Action → → Late Action

Late Action

“I’m really working on doing it right and getting it all together. I may not be very good at it yet, but I’m figuring it out. My goal for this issue is a lot like others that have been down this path, but I need help to develop my skills at making it work.”

The Work of Action/Late Action:

“The more I learn by doing, the more this is all connecting up for me. I see more and more all the work that I have to do on this issue if my life is going to be what I want it to be. My job is to make sure to learn the skills I need, and get the help I need, to succeed. I need to keep working on this issue, regardless of the ups and down I am having.”

Action → → Maintenance

Maintenance

“I’ve done a good thing for myself to get stable and I am trying to stay that way.”

The Role of Maintenance:

“I have come to appreciate the value of stability for this issue. I must do what I need to do to keep learning so I can maintain myself—and continue to grow—in the face of life’s next set of challenges. Even though this problem—and the risk of “relapse” —may continue to exist, I’m not the problem and it’s not me. I know that I am on the right path and I want to stay on it.”

Maintenance → → Growth