

Motivational Interviewing with Criminal Justice Populations

Presented by
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WELCOME

Webinar Learning Objectives

1

Review the spirit of motivational interviewing with a particular emphasis on “change talk”

2

Explore the use of motivational interviewing strategies with those sentenced with substance use-related offenses

3

Review evidence-based research on the use of motivational interviewing among criminal justice populations

Ice Breaker



A scientist went to visit a famous Zen master. While the master quietly served tea, the scientist talked about Zen. The master poured the visitor's cup to the brim, and then kept pouring. The scientist watched the overflowing cup until he could no longer restrain himself. "It's overfull! No more will go in!" the scientist blurted. "You are like this cup," the master replied, "How can I show you Zen unless you first empty your cup?"

<http://users.rider.edu/~suler/zenstory/emptycup.html>





**First,
Empty your Cup!**

Confidence Ruler

No Way

I'm a Bill Miller Protégé



How confident are you in effectively
using MI with CJ clients?



Motivational Interviewing and Oppositional Clients

- ❑ Level of motivation with CJ clients vary
- ❑ Some are more oppositional, defiant, and higher risk
- ❑ Many are less ready for change

Criminal Justice Primer

- ☐ Pre Trial Intervention
- ☐ Deferred Disposition
- ☐ Conditional Discharge
- ☐ Probation
 - Violation of Probation (VOP)
- ☐ Drug Court
- ☐ Jail
- ☐ Prison
 - Parole
 - Intensive Supervised Parole (ISP)



The Criminal Justice System

- Food, toilet, bed, light, fear, time, joy & pain of visits, and being told what to do.
- 2,224,400 adults in jail or prison in 2014
- .9% of the US adult population
- 4,708,100 adults on probation or parole
- 6,851,000 in criminal justice system
- Since 1980.....crime is way down
- 53% of arrested males and 39% of arrested females are re-incarcerated ('03)
- 50 - 75% of people in prison or jail have a substance abuse history



What is the Spirit of Motivational Interviewing?

“

Motivational interviewing is a collaborative conversation to strengthen a person's own motivation for, and commitment to change

”

Marilyn Herie

The MI Spirit



☐ Partnership

☐ Acceptance

- Absolute Worth
- Accurate Empathy
- Autonomy
- Affirmation

☐ Compassion

☐ Evocation

Can the spirit of MI be effective with CJ clients?

Partnership

A photograph of two young boys walking away from the camera on a wide, light-colored gravel path. The boy on the left is wearing a light blue t-shirt and grey shorts, while the boy on the right is wearing a dark blue t-shirt and blue shorts. They are walking towards a line of green trees in the distance under a clear sky. The path is flanked by green grass and some dry, brownish vegetation.

“You are the best judge of what is going to work for you.”

Acceptance



“I accept you for who you are and am here to help whatever you decide to do.”



慈心

Compassion

“...is loving, selfless concern for the person’s welfare” (Miller & Rollnick, 2013)



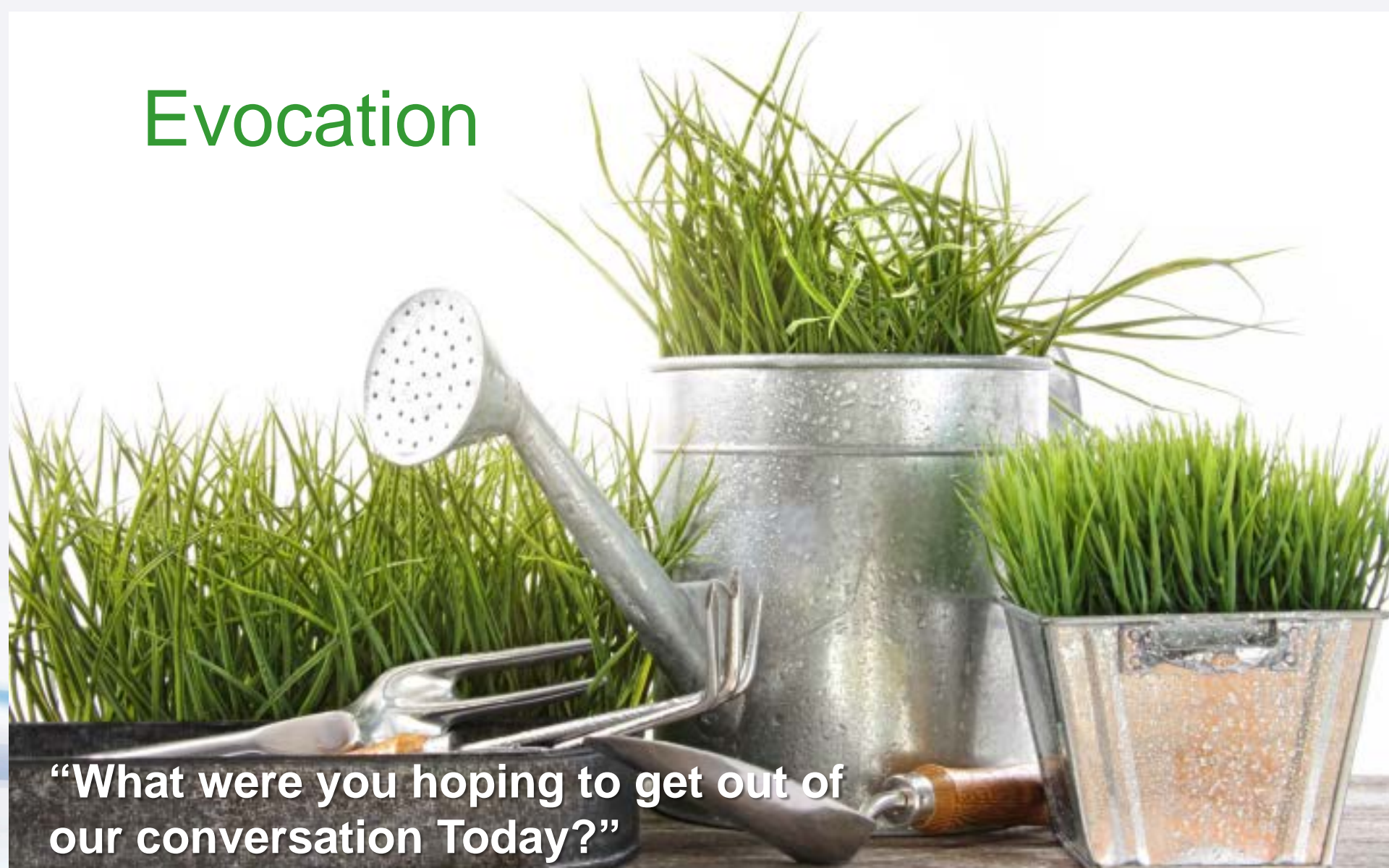
"Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

– His Holiness the Dalai Lama



**SEEDS OF
COMPASSION**

Evocation



“What were you hoping to get out of
our conversation Today?”

Why Use Motivational Interviewing?

“

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

”

Miller and Rollnick (2013)

Avoiding the “Righting Reflex”



People in the helping professions have a natural tendency to want to fix what's wrong with clients

**Yes,
but...**

- ☐ A very common reactive response
- ☐ Assumes 'I know better than you'
- ☐ Forces patient defensiveness
- ☐ When patient defends, it
reinforces why not to change
- ☐ Not changing is now justified in
mind of client

Common Reactions to Righting Reflex

- ☐ Angry, agitated
- ☐ Oppositional
- ☐ Discounting
- ☐ Defensive
- ☐ Justifying
- ☐ Not understood
- ☐ Not heard
- ☐ Procrastinate
- ☐ Afraid
- ☐ Helpless, overwhelmed
- ☐ Ashamed
- ☐ Trapped
- ☐ Disengaged
- ☐ Not coming back – avoid
- ☐ Uncomfortable

Common Human Reactions to Being Listened to

- ☐ Understood
- ☐ Want to talk more
- ☐ Liking the counselor
- ☐ Open
- ☐ Respected
- ☐ Accepted
- ☐ Engaged
- ☐ Able to change
- ☐ Safe
- ☐ Empowered
- ☐ Hopeful
- ☐ Comfortable
- ☐ Interested
- ☐ Cooperative
- ☐ Want to come back

Adapted from a training by Bill Miller

**But what if the client
refuses to change?**



"A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble."

Mahatma Gandhi





There is always a glimmer of hope

MI Applications

- Public health & workplace
- Sexual health
- Dietary change
- Weight management
- Voice therapy
- Gambling
- Physical activity
- Stroke rehab
- Chronic pain
- Medication adherence
- Diabetes
- Mental health
- Addictions
- Fibromyalgia
- Chronic leg ulceration
- Self-care
- Criminal justice
- Vascular risk
- Domestic violence

The Processes of Motivational Interviewing

Four Processes in MI



Adapted from Miller and Rollnick, 2013, p. 26

“

"These processes of engagement, focusing, evocation and planning, allow the counsellor to work in a directional way to help the client explore and resolve ambivalence. These processes provide clearer structure to sessions which also allows for thoughtful conversation."

”

Ken McMaster

Engaging



The Relational Foundation

Focusing



**Guiding client to a target behavior
(that is important to them)**

Evoking



**Drawing out client's intrinsic motivation
and their own ideas for change.**

Planning



The Bridge to Change

How Does Motivational Interviewing Work?

“

Motivational interviewing is a style of communication that involves strategic use of questions and statement to help clients find their own reasons for change

”

William Miller

Change Talk

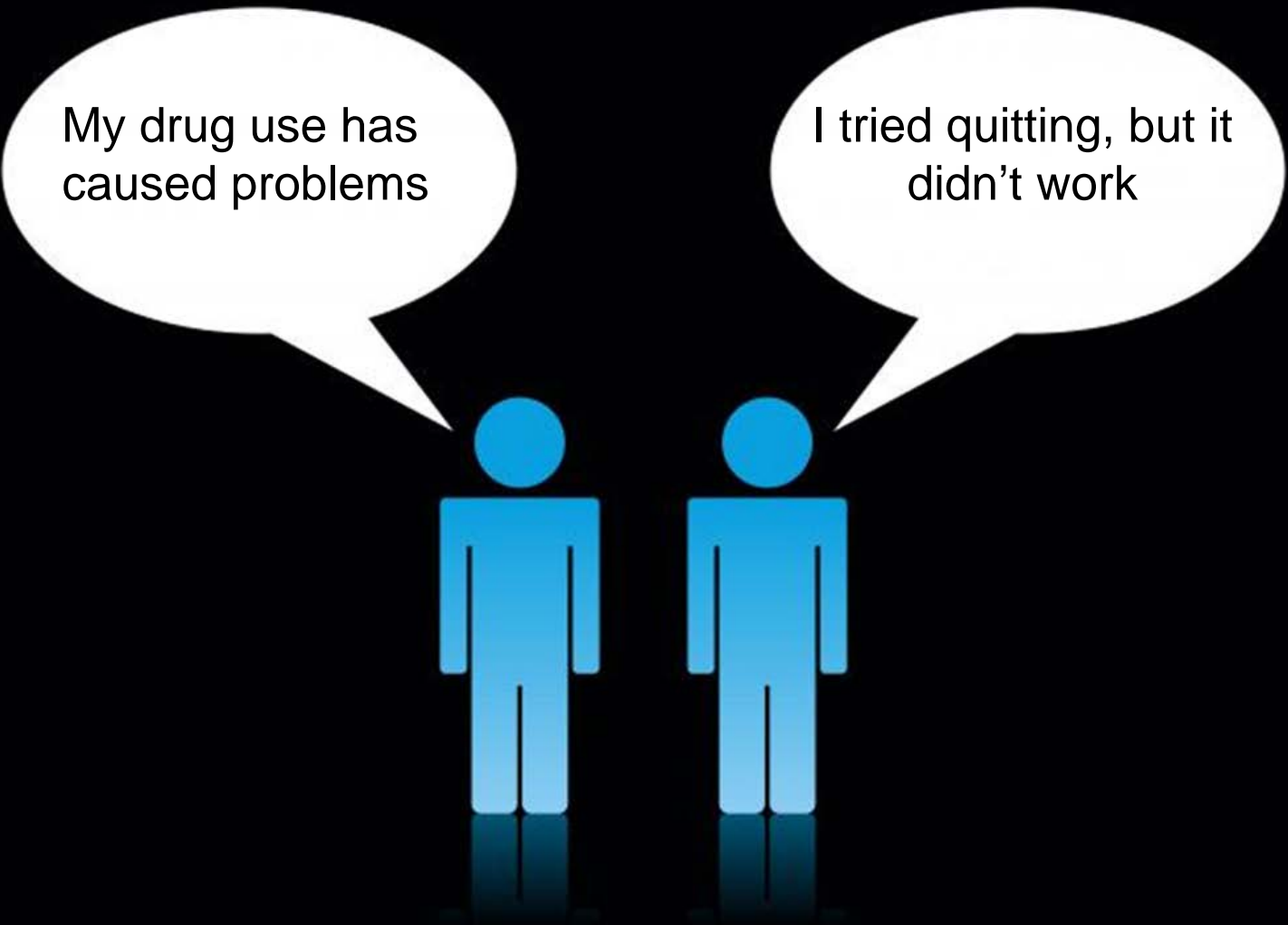




Change Talk and Sustain Talk

“Opposite sides of a coin”





My drug use has
caused problems

I tried quitting, but it
didn't work



**But sometimes Sustain Talk is
disguised as Change Talk**

*With the clue around his neck and
the F.B.I. on his tail ...he's the
world's first
Siamese secret agent!*



Technicolor®

Screenplay by
THE GORDONS and BILL WALSH

Starring
HAYLEY MILLS • DEAN JONES • DOROTHY PROVINE • RODDY MCDOWALL • NEVILLE BRAND
Costarring
ELSA LANCHESTER • WILLIAM DEMAREST • FRANK GORSHIN • and ED WYNN

Based on the book "Siamese Cat" by THE GORDONS • Co-producers BILL WALSH • RON MILLER • Directed by ROBERT STEVENSON
LOOK TO THE NAME WALT DISNEY FOR THE FINEST IN FAMILY ENTERTAINMENT

Re-release by MCA/UA Distribution Co., Inc.

Change Talk - DARN CAT



☐ **Desire**
statements

☐ **Ability**
statements

☐ **Reasons**
statements

☐ **Need**
statements

☐ **Commitment**

☐ **Activation**

☐ **Taking Steps**

(Miller & Rollnick, 2013)

The MI Hill Metaphor

DARN
Preparatory Change Talk

CAT
Mobilizing Change Talk

(Pre-)

Contemplation

Preparation

Action

Slide from Bill Miller, 2010





Time for
a BREAK

OARS: Micro Skills for Enhancing Motivation

- Ask **O**pen-Ended Questions
- **A**ffirm the Client
- Listen **R**eflectively
- Provide **S**ummaries



(Miller & Rollnick, 2013)

Open-Ended Questions



Closed Question Answers



Open vs. Closed Questions



- CLOSED questions invite a “yes/no,” one- word or very limited answer
- OPEN questions encourage elaboration – they evoke the client’s ideas, opinions, hopes, concerns, etc.

Affirmations



Affirmations



- ☐ Go beyond “giving a good grade”
- ☐ Are not about the practitioner’s approval of the client
- ☐ Acknowledge the client’s experience, struggle, expertise, efforts, etc.





Example of Praising:

You are such a wonderful group - I have really enjoyed our session.



✓ Example of Affirming

The group has worked hard today in exploring some tough issues, and we have come closer as a result of that.



Choose one of your most
challenging clients – and
come up with an affirmation
that you could offer



Reflections



“

What [practitioners] reflect,
they will hear more of

”

Theresa Moyers

Simple Reflection



Complex Reflection

***Client: “I’m only coming to see you
because this is a condition of my parole.”***

Simple Reflection

**Coming here is helping you avoid
going back to prison.**

Complex Reflection

**It wasn’t your idea to come, and
you’re not sure this is going to be at
all helpful to you.**

***Client: “I’m only coming to see you
because this is a condition of my parole.”***

Simple Reflection

**Coming here is helping you avoid
going back to prison.**

Complex Reflection

**How you see it, is that you are not
happy with being told what to do,
and that is frustrating.**

*Client: “I’m only coming to see you
because this is a condition of my parole.”*

Simple Reflection

Coming here is helping you avoid
going back to prison.

Complex Reflection

It would feel a lot better if the
system respected that what you do
or not do is your choice and
decision.

*Client: “I’m only coming to see you
because this is a condition of my parole.”*

Simple Reflection

Coming here is helping you avoid
going back to prison.

Complex Reflection

Even if you did have any concerns,
all this pressure makes it hard to
want to change.

Practicing Reflective Listening

- ❑ Individually, take a moment to write down an example of a simple and a complex reflection for the following statement (coming up – next slide).
- ❑ Then compare what you wrote with others in your group. As a group, choose the best examples to share with the larger group.

**“How I live my life is my own business
and certainly not yours”**

Simple Reflection:

Complex (Enhanced) Reflection:

**“How I live my life is my own business
and certainly not yours”**

Simple Reflection:

***You are the only one to decide
how to live your life.***

Complex (Enhanced) Reflection:

***You're being told you have to
make all these changes, and that
doesn't feel very respectful of
your choice and autonomy.***

“I was told to come here for counseling, but this is just one more thing I’m being told to do”

Simple Reflection:

Complex (Enhanced) Reflection:

“I was told to come here for counseling, but this is just one more thing I’m being told to do”

Simple Reflection:

***You’re not happy about
being told what to do.***

Complex (Enhanced) Reflection:

***Your feel your not able to make
your own decisions and resent
being controlled by others***

More Client Statements

- ☐ What I do with my life is no one's business but mine.
- ☐ I could care less about what other people do
- ☐ How am I supposed to improve my self- esteem?
- ☐ I got screwed – I shouldn't be here
- ☐ I don't care about how other people feel about me
- ☐ I came here to reduce my sentence – what can you do for me?





Summary Statements

Why use summary statements?



Summary Statements:



- **Check** your understanding of the person's situation as a whole



- **Reflect** back key components of what the person has discussed



- **Signal** a transition to another topic or the end of the session/consultation



- **Highlight** change talk

Hands-on Practice: O A R S



1. Partner A: Consider something you are considering changing
2. Partner B: Start with an open question; Follow up with two reflective statements; Offer an affirmation; End with a summary statement



advice giving

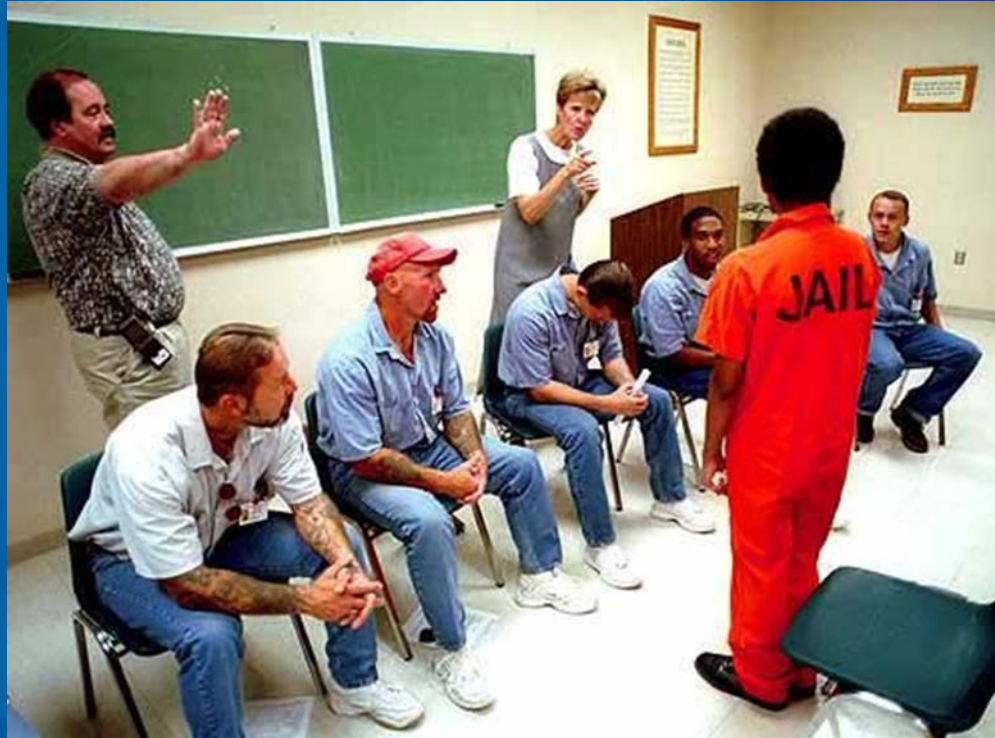
**“Advice is what we ask for
when we already know the
answer but wish we didn’t.”**

Erica Jong (in Miller & Rollnick, 2013)

“Unsolicited advice is the junk mail of life.”
(Bern Williams, in Miller & Rollnick 2013)



Criminal Justice Culture and the use of Motivational Interviewing



“

There is a growing body of evidence that MI can affect criminal justice outcomes.....in both incarcerated and community corrections settings

”

(Spohr et al., 2014)

Motivational Issues in the Criminal Justice Setting

The Culture



Motivational Issues in the Criminal Justice Setting

Self Determination Theory (STD)



amotivation

extrinsic motivation

intrinsic motivation

The Ripple Effect



of Intrinsic Motivation

Motivational Issues in the Criminal Justice Setting

Motivation and Treatment Challenges



Motivational Issues in the Criminal Justice Setting

Motivation and Treatment Progress



Motivational Issues in the Criminal Justice Setting

Effective Use with Offenders

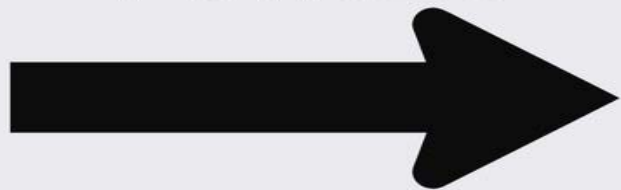


Motivational Issues in the Criminal Justice Setting

Effective Use with parole, probation and correction officers



**DRIVING
FORCES**



Motivational Issues in the Criminal Justice Setting

MI as a Treatment Adjunct



Motivational Issues in the Criminal Justice Setting

Drawbacks of MI

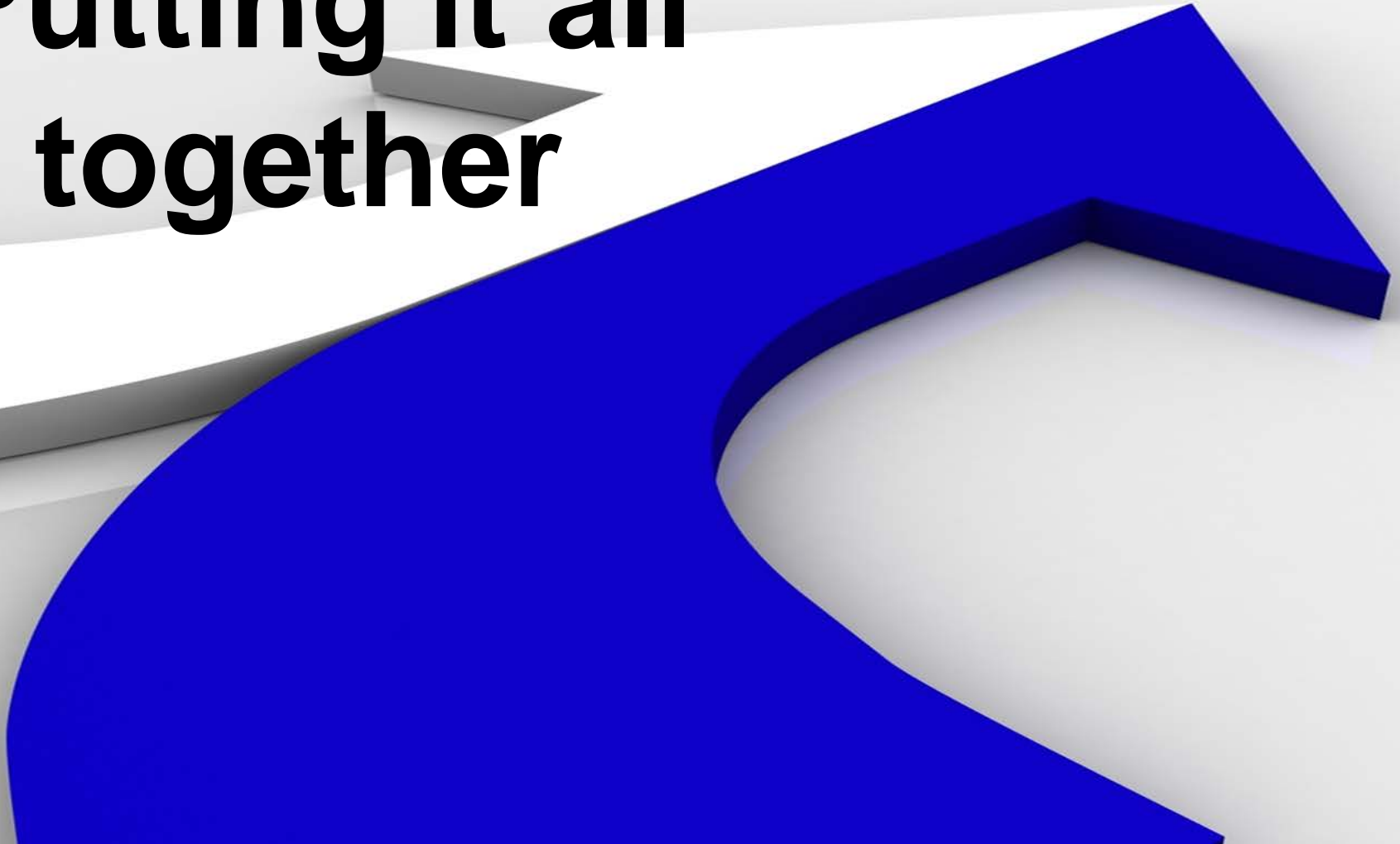
- Non-directive client centered therapies have been found to not reduce recidivism
- However, MI is directive and client centered
- MI may not reduce recidivism, but it may help offenders consider change, commit to change, engage in treatment and stay in treatment
- Under what circumstances should one not use MI in a CJ setting?

Motivational Issues in the Criminal Justice Setting

Research Studies:

- ☐ MI was found to be better at reducing predatory aggression for adolescent offenders 3 months after post-release (Clair-Michaud, et al., 2015).
- ☐ MI was found to result in higher levels of empathy with probationers at a 2 month follow-up (Spohr et al., 2014)
- ☐ Use of MI with probationers was a predictor of client treatment initiation (Spohr et al., 2014)

**Putting it all
together**



Refresher: Setting the Stage for Enhancing Motivation



- ☐ Person-centered approach
- ☐ Establish partnerships for change
- ☐ Use empathy, not power
- ☐ Focus on competencies
- ☐ The spirit of MI

Transtheoretical Model of Change

- ☐ Precontemplation
- ☐ Contemplation
- ☐ Preparation
- ☐ Action
- ☐ Maintenance

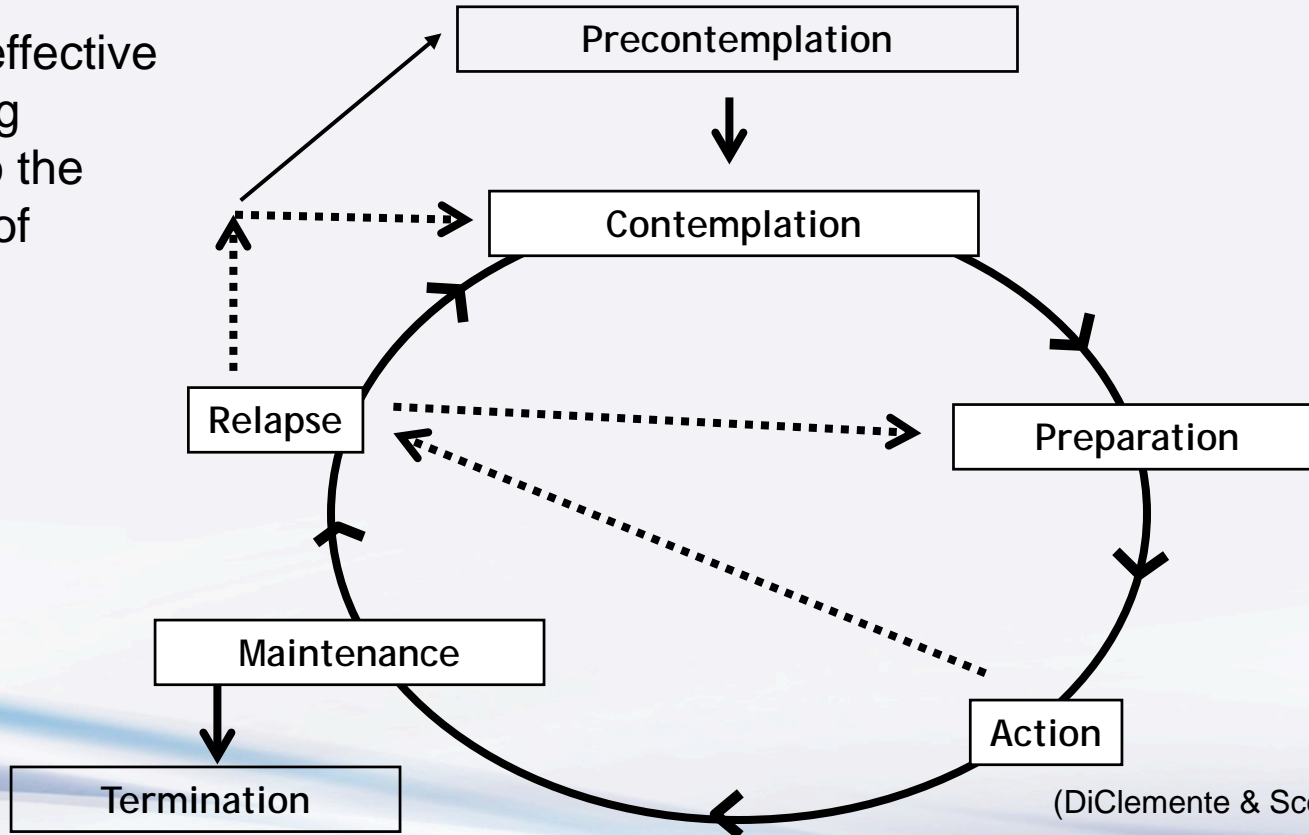


(DiClemente & Scott, 1997)

Integrative Approaches to Supervision

The Transtheoretical Model (Stages of Change)

MI can be effective in promoting transition to the next stage of change:



(DiClemente & Scott, 1997)

The MI Hill Revisited

DARN
Preparatory Change Talk

CAT
Mobilizing Change Talk

(Pre-)

Contemplation

Preparation

Action

Slide from Bill Miller, 2010

Communication Principles of Motivational Interviewing

- **EE** Express Empathy (early and often)
- **DD** Develop Discrepancy
- **RR** Roll with Resistance (avoid arguments)
- **SS** Support Self-Efficacy

(Miller & Rollnick, 2013)



Building Motivation to Change



- ❑ Eliciting change talk
- ❑ Tipping the decisional balance (conflict and ambivalence)
 - ❑ Open-ended questioning (not telling)
 - ❑ Affirming, complimenting, reinforcing
 - ❑ Reflective listening
 - ❑ Summarizing/ Reframing

Bridge to Change:

Strengthening Commitment to Change

- ❑ **Recognizing change readiness**
- ❑ **Negotiating a change plan**
 - ❑ **Set goals/agenda**
 - ❑ **Consider change options**
 - ❑ **Arrive at a plan**
 - ❑ **Eliciting commitment**
- ❑ **Transition to action – the completion of the formal cycle of MI**



Implementing the Plan



- ☐ Commit to action
- ☐ Increase self-efficacy
- ☐ Reaffirm decision; monitor and update goals
- ☐ Transitioning to “action focused” change
- ☐ Resume use of MI when ambivalence reappears
- ☐ Redo commitment

Critical Conditions for Change

- ❑ Relationship and Rogers' three crucial conditions
- ❑ Self-motivation emerges with a strong alliance
- ❑ Self-identification of internal resources for change
- ❑ Self-enacted change



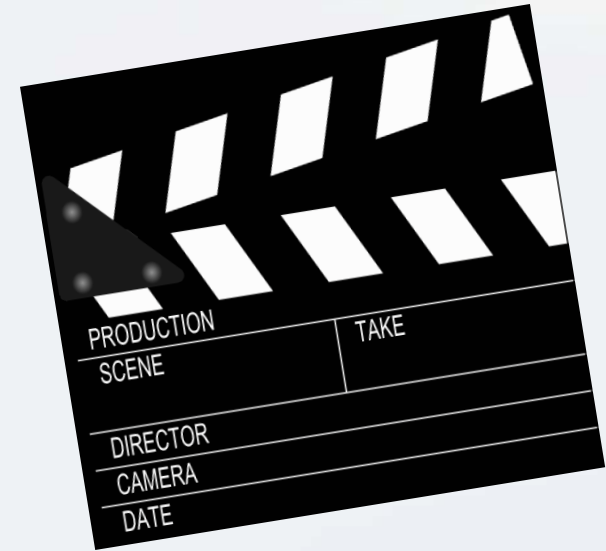
“Real” Play: Hands on Practice in Groups of Three

- ❑ Person “A” describe a change you are thinking of making in the next 6 months – 1 year
- ❑ Person “B” respond using motivational strategies
- ❑ Person “C” observe and give feedback



Directions for Hands on Practice

- ❑ Each “Real Play” will take 5 minutes.
- ❑ After each turn, rotate the roles so that everyone has a chance to practice and receive feedback.
- ❑ ***Please HOLD your feedback until everyone has had a chance to practice –***
you will have an opportunity to debrief as a small group at the end of this exercise



Brief Review of MI

- ❑ Major Assumption: Patient-centered “SPIRIT of MI”
- ❑ Major Assumption: Building ongoing relationship/ trust
- ❑ Major Assumption: Not motivating the patient; helping patient get to his/her existing internal motivation
- ❑ Major Assumption: Patient should doing most of talking
- ❑ Major Assumption: Tool box with communication strategy choices
- ❑ Major Assumption: Addresses ambivalence and resistance



Bottom Line:

**Clients must have their own
internal motivation
for change.**

Two penguins, Charlie and Sam, are standing on a dark, pebbly beach. Charlie, on the left, is a Gentoo penguin with a white body and a dark head with a white patch. Sam, on the right, is a similar penguin but with a dark body and a white patch. They are facing each other and talking. Charlie's speech bubble says, "I'm heading toward change, Want to come along?" Sam's speech bubble says, "I don't know – I think I'll continue going this way".

I'm heading toward change,
Want to come along?

I don't know – I think
I'll continue going this way

Change Talk Charlie

Sustain Talk Sam

Confidence Ruler

No Way

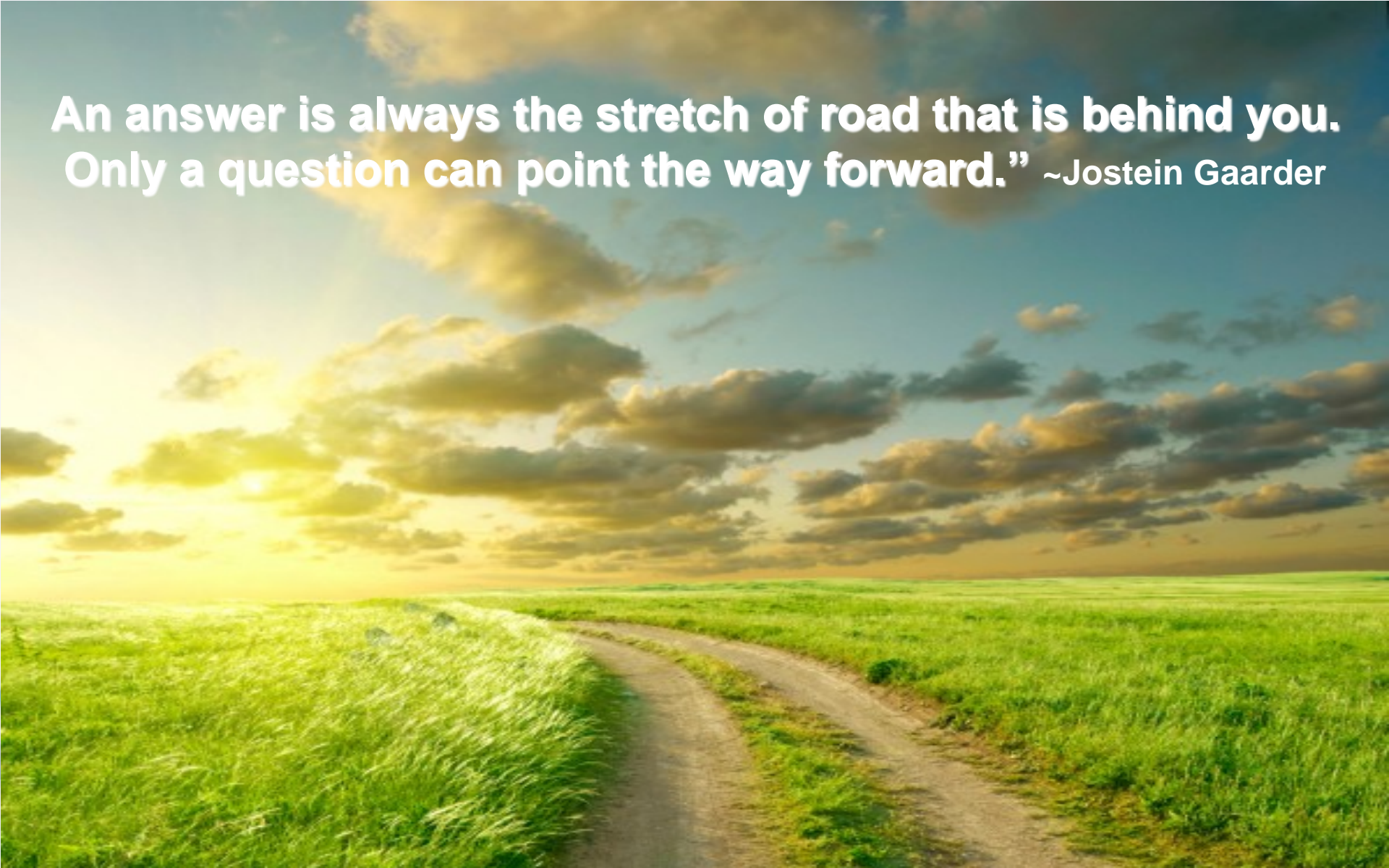
I'm a Bill Miller Protégé



How confident are you now
– any difference?



**An answer is always the stretch of road that is behind you.
Only a question can point the way forward.” ~Jostein Gaarder**



**THANK
YOU**

THANK



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