Let's Get Motivated: The Motivational Interviewing Approach

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Outline
1. The Neurobiology of Addiction
2. Addiction Psychotherapy
3. Addiction Pharmacotherapy
4. Motivational Interviewing
5. Beyond Addiction
6. Conclusions

1

The Neurobiology of Addiction
Pleasure-Reward Pathways

Neural Circuitry of Addiction

1. Antireward Pathways
2. Non-dopaminergic Systems
3. Motivational Circuitry
A Brief History of Addiction Psychotherapy

1. Psychoanalysis works for all treatable mental illness.
2. Psychoanalysis does not work for addiction.
3. Therefore, addiction cannot be treated.

1st Wave: Psychoanalysis

The prototype, Synanon, was founded in California in 1958 to address heroin addiction.

The goal was to:
- break down defenses,
- bust through denial, and
- reshape the addict's personality.
2nd: Therapeutic Communities

1. Shaving heads
2. Hanging humiliating signs around residents' necks
3. Subjecting patients to "encounter groups" involving loud, free flowing attacks from staff and fellow residents

3rd Wave: Modified TCs

During the 1970s and 1980s, most Therapeutic Communities evolved beyond the Synanon model.

People started recognizing the limits and dangers of confrontive techniques.

3rd: Cognitive-Behavior Therapy

1. Based on Operant Conditioning
2. Functional Analysis
3. Skills Training to:
   - identify,
   - avoid, and
   - cope with thoughts & cravings
3rd: New Interventions

1. 12-step Facilitation
2. Relapse Prevention
3. Family Therapy
4. Primary Care
5. Mental Health Services
6. Aftercare

3

An Even Briefer History of Addiction Pharmacotherapy

Two Main Strategies

1. Agonists
   - Nicotine Replacement Therapies
   - Methadone for Opioids
2. Antagonists
   - Naltrexone for Opioids
The New Strategy

Partial Agonists
- Varenicline for Nicotine
- Buprenorphine for Opioids


4
Motivational Interviewing

4th Wave: Not Just an Amoeba

**4th: Motivational Interviewing**

**REDS**
1. Roll with Resistance
2. Express Empathy
3. Develop Discrepancy
4. Support Self-Efficacy


**4th: The Stages of Change**

1. Precontemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance
6. Relapse


**The Stages of Change Cycle**
4th: Working the Stages

1. Identify the Stage of Change.
2. Help the person move a little bit forward.
3. Don’t rush her or him.

Beyond Addiction
**Brief Intervention**

1. Be empathic and curious.
2. State your medical findings.
3. Educate about the illness.
4. Advise.
5. Follow up.
6. Refer if necessary.

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**Precontemplation**

1. Plant the seed of ambivalence.

2. Techniques:
   - Ask for a description of a typical day.
   - Hunt for the smallest discrepancy between where people are and where they would like to be.

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**The Readiness Ruler**

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Graphics by Dr. Chris Welsh.
Contemplation

1. Open up to explosive decision analysis.

2. Techniques:
   ✓ Brainstorm widely.
   ✓ Explore both positive and negative prospects of life with and without the proposed changes.

The Decisional Balance

Preparation

1. Develop a realistic action plan.

2. Techniques:
   ✓ Anticipate problems and identify solutions.
   ✓ Unforeseen complications and frustrating obstacles may require revisiting “contemplation stage” techniques.
**Action**

1. Based on principles of learning, replace maladaptive patterns of behaving and thinking.

2. Techniques:
   - Essentially use a CBT model.
   - Provide ample positive feedback, encouragement, and support.

**Maintenance**

1. Use a “kitchen sink” approach.

2. Techniques:
   - Recruit motivational, cognitive-behavioral, regulatory, disciplinary, and social approaches to sustain the desired change.
   - Explore disappointments, temptations, and doubts.

**Relapse**

1. Remember Confucius: “Our greatest glory is not in never falling but in rising every time we fall.”

2. Techniques:
   - Accept relapse as an opportunity to reengage, rethink, and reemerge stronger than before.
   - Reengage quickly, even if it is to the expense of deeper rethinking.
1. Motivation has replaced confrontation as the primary addiction treatment style.
2. Lessons learned from "Motivational Interviewing" and the "Stages of Change Model" can be applied to affecting change beyond addiction treatment.

Thank You