

Brief Intervention Communication Tools and Tips

Child Health in Advances Measured in Practice (CHAMP) Learning Session

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Open-ended Questions

Seek to understand and guide the conversation

Ask more open questions than closed questions

Keep questions clear and brief

Avoid negating an open question by tagging on a closed question

Affirmations

Might involve behaviors, values or beliefs

Could be "I" statements or "you" statements

Focus on strengths

Reflections

Statements NOT questions

Three levels: repeat (restate), rephrase (synonym), paraphrase (infer meaning)

Content reflections: What did she say?

Meaning reflections: What did he mean?

Double -sided reflections reflect ambivalence: on the one hand, on the other hand

Summarization

Clarifies communication and your understanding of the story

Allows individual to hear her/himself a second time

Occurs at a transition in the conversation

DARN-C: Desire + Ability + Reason + Need = Commitment

Resolving ambivalence involves THE DECISIONAL BALANCE

Cost/Benefit Analysis for Change vs. Status Quo

Listening for CHANGE TALK

Desire: I want; I wish; I'd like to

Ability: I can; I could; I know how

Reason: I think this would be good; Someone wants me to; This is important

Need: I need; I must; It is imperative; I have no other choice; It is clear

FOCUS, EVOKE, PLAN

On a scale from 1 – 10 how concerned are you about your drinking?

On a scale from 1 – 10 how important is it to change (something about) your drinking?

On a scale from 1 -10 how confident are you that you will make this change/take this action?

So you're a five? Why are you a five instead of a three? What would need to happen for your confidence to move to a six instead of a five?

EXAMPLES

Open-ended Questions

Tell me about your marijuana/alcohol use.
What do you enjoy about drinking with your friends?
Why did you decide to quit smoking last fall?
How can you protect yourself from doing things you'll regret in the future?
How has your relationship with your parents changed?
Why is smoking important to you?

Affirmations

You're working really hard to regain your parents' trust.
You were so brave to share that difficult story.
You showed determination in sticking with your goal this week.
I respect your honesty.
It shows maturity to think so deeply about your priorities.

Reflections

Things have been really tense at home since your parents found out you brought alcohol to the prom.
You really enjoy drinking and you often get into trouble when you are drunk.
You worry that you'll feel more anxious if you quit smoking marijuana.
You wonder if your friends will stick around if you stop drinking.
You are so grateful for your sister's support and understanding.

Summarizations

I heard you say that quitting drinking is hard, but you've decided to do it. Your work schedule will keep you away from parties. You also said that you can spend time with Jake, who doesn't drink, if you don't want to be around alcohol. Did I hear you correctly?

From what I understand so far, you really enjoy smoking marijuana with your friends and you don't think you have a drug problem. On the other hand, your girlfriend doesn't like it, and you think smoking might be slowing you down on the football field. You mentioned that your parents are constantly nagging at you. Where does this leave you?

CITATION

Motivational Interviewing: Preparing People for Change, Third Edition, William R. Miller, Stephen Rollnick, The Guilford Press, New York, New York, 2013

Reaching Teens, Editors, Kenneth Ginsberg, Sara Kinsman, The American Academy of Pediatrics, Elk Grove Village, IL, 2014

Brief Intervention for Adolescent Alcohol and Drug Abuse Manual, Ken Winters, Ph. D. et al., Center for Adolescent Substance Abuse Research, University of MN, 2006

Motivational Interviewing, Power-point and presentation (2/2014) by Lisa Stockwell, M.Ed., Owner of *It's Your Journey, LLC*