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.

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


Reaching Teens, Editors, Kenneth Ginsberg, Sara Kinsman, The American Academy of Pediatric, 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