

The Role of Motivational Interviewing in Reproductive Life Planning

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Objectives

- Define Motivational Interviewing
- Identify the skills required for motivational Interviewing
- Discuss how motivational interviewing can be used in Reproductive Life Planning

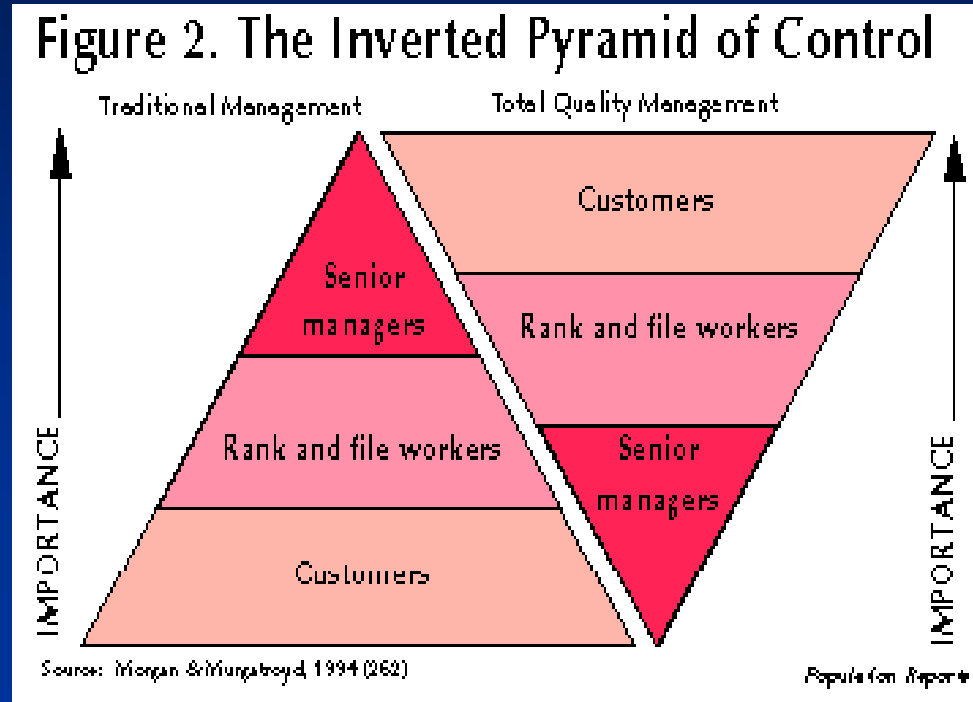


Client-Centered Care

- Definition: Putting clients first
- Recognizing clients as the experts on their own needs and personal circumstances
- Providers gather information from clients so they can offer appropriate services
- Client preferences guide every aspect of service delivery



Client-Centered Care



Assuming that health care workers always know best →
Clients concerns and preferences are central

Elements of Client-Centered Care

- Respect
- **Understanding** – Individualized service; Listen to client, ask open-ended questions and respond
- Complete and accurate information
- Technical competence
- Access
- Fairness
- **Results** – satisfied clients; if we meet their needs, more likely to adhere to advice and return to clinic



Motivational Interviewing

An Important Tool

- A **Client-Centered** negotiating style for helping people to change behavior
- Based on the fact that external motivation proven not to lead to long-term adherence
- Increases internal motivation by exploring and resolving ambivalence



Skills for Motivational Interviewing

- Reflective listening
 - Demonstrates empathy
- Open vs. closed questions
 - What? How? I'm curious about...
Tell me more...
 - NOT
 - Do you? Don't you? Why do you, don't you?
- Affirmation of healthy statements



The Stages of Change

- Pre-contemplation (No thought of changing)
- Contemplation (Thinking of change, ambivalent)
- Preparation
- Action
- Maintenance



Goal is to tip the balance to the next stage



Motivational Interviewing

- Clear advice about what needs to change
- Express empathy
 - Active understanding of client's experience
 - “That must be difficult for you...”
 - Acceptance facilitates change
 - Skillful Reflective Listening
 - The client's understanding of the problem is what matters
 - Summarize
 - “It sounds like you...”
 - “So you think (or feel) that...”
 - Goal is client response “Yes” or “Exactly”



Motivational Interviewing

- Develop discrepancy (ambivalence)
 - Change is motivated by discrepancy between present behavior and personal goals/values
 - Elicit pros and cons of current behavior
 - “What is good for you about this behavior?”
 - Elicit pros and cons for change
 - “What is not so good?”
 - Argument for change comes from the client, not you
 - “I’m kind of worried about that.”
 - Reinforce any change talk that occurred



Motivational Interviewing

- Roll with resistance
 - Avoid arguing for change. Stay neutral.
 - When provider takes one side of the argument, client tends to take the other
 - Resistance is not directly opposed
 - “I hear what you’re saying, but you also said...”
 - Client’s autonomy and freedom of choice (with consequences) are respected
 - “It may be too difficult for you to change. That’s up to you.”
 - Resistance may indicate that client isn’t ready
 - But you are planting seeds



Motivational Interviewing

- Support self efficacy
 - The client's belief in change is the primary motivator
 - The client is the primary resource for finding solutions
 - “That's a good suggestion.”
 - Encourage client to believe they can change based on examples from their past
 - “Let's look at what you've achieved.”
 - Your belief in their ability to change supports them
 - “Based on what you've said, it sounds like you can do this.”
 - Encourage client to specify their commitment



Motivational Interviewing Scaling

- On a scale of 0-10, how **important** do you think it is for you to...”
- On a scale of 0-10, how **confident** are you that you can...”
- Work with the lower scale
 - Ask why it was rated 4 and not zero, then reinforce change talk
 - Ask what it would take to move it to a 5



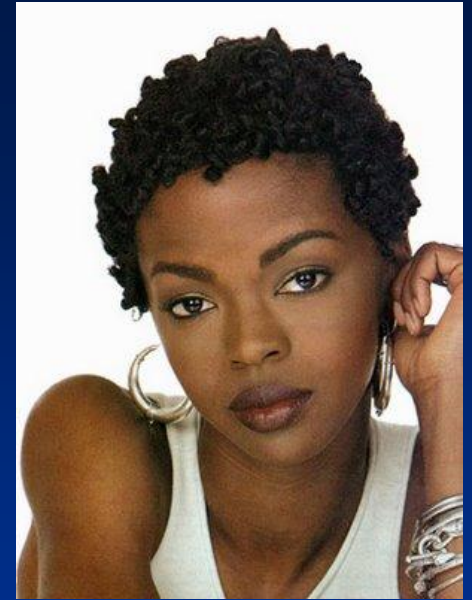
Key Elements of Motivational Interview

- Open-ended questions
- Affirmations
- Reflective listening
- Summaries



Case #1

- 22-year-old with IUC in place, new partner, not using condoms for STI protection. She has said that her Reproductive Life Plan is to have 2 or three children someday, when she is in a committed relationship.



- “I know we talked about using condoms with new partners when we placed your IUC, I’m wondering why you’re not doing that.”
- “I understand it would be difficult to ask when you’ve had experiences like yours.”
- “So you’re worried he might not continue the relationship if you brought it up.”



- “Have you talked about it?”
- “So you really don’t know how he’d react.”
- “So you think that if he cares about you, he might do it, or else go with you to get tested for STIs”



- “He might not, but remember you said it’s really important to you to have children some day. Contracting an STI now could make that a problem someday.”
- “Have you ever had a difficult conversation with a previous partner?”
- “Based on that, it sounds to me like you can do this, and it sounds like you think it would be worth it.”



- “On a scale of 0-10, how important do you think this is?”
- “On a scale of 0-10, how confident are you that you can talk about this with your partner?”
- “Based on that, it sounds to me like you can do this, and it sounds like you think it would be worth it.”



Case #2

- 16-year-old having intercourse with her boyfriend, using condoms occasionally. You ask about her Reproductive Life Plan. She says she wants to have 2 or 3 children, but not for many years.



- “So you don’t want to have a baby for many years, but you’re not doing anything consistently to keep that from happening.”
- “How would it affect your life if you got pregnant now?”
- “Sounds like you think you need some kind of protection. I really appreciate you coming here to talk about it.”



- “What have you heard about different methods of birth control?”
- “What other methods have you heard about? How would you feel about trying something else? Would you like to hear about some other methods that are available?”
- “What sounds right for you?”



What other ways could
Motivational Interviewing be
used in your clinic?

