

Project ECHO
Motivational Interviewing (MI):
A Brief Overview - Part 3
Open-Ended Questions

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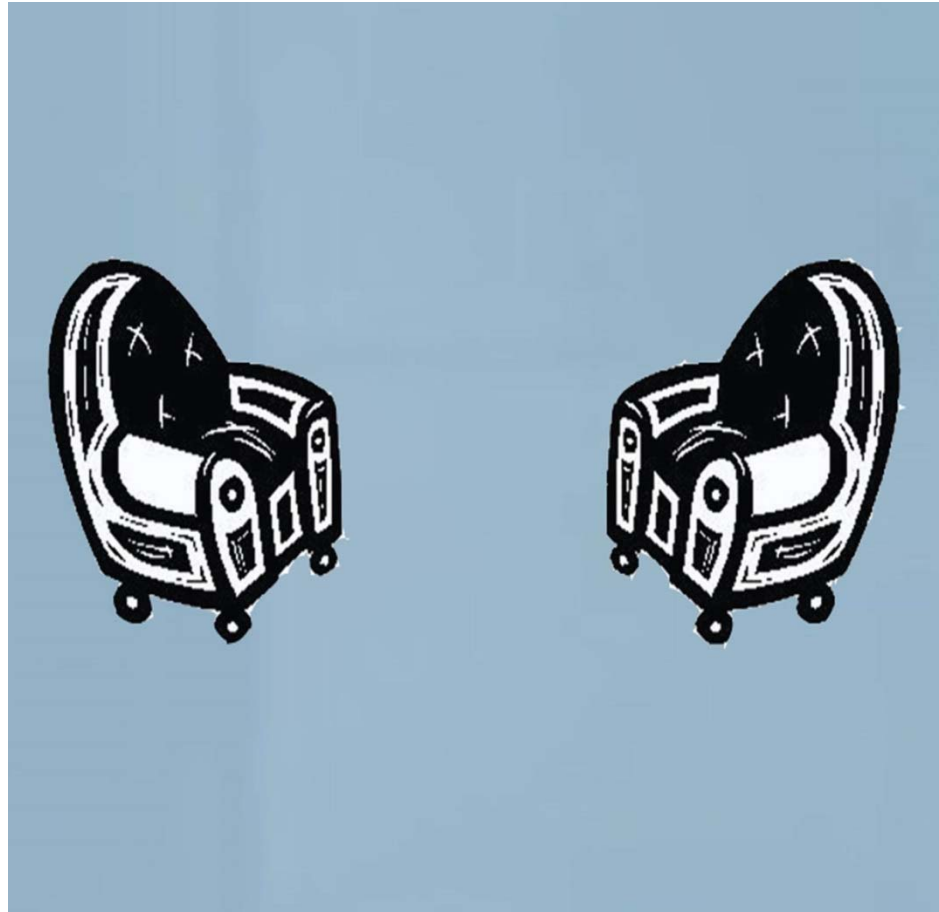


What is MI?

- A conversation about change!



So how do we “do” MI?



Dancing not Wrestling



OARS – Core Interviewing Skills in MI



Miller, William R. and Stephen Rollnick. Motivational Interviewing: Helping People Change. Third Edition. New York: The Guildford Press. 2013

OARS – Core Interviewing Skills in MI Continued

- O - Open-Ended Questions
- A - Affirmations
- R - Reflections
- S - Summaries



Miller, William R. and Stephen Rollnick. Motivational Interviewing: Helping People Change. Third Edition. New York: The Guildford Press. 2013

Open-Ended Questions

- Key is to ask open-ended questions: questions which do not invite brief answers/responses; questions that cannot be easily answered with a brief reply.
- The client should do most of the talking.

Closed Questions



- Have a short answer (like yes/no)
 - Did you smoke this week?
- Ask for specific information
 - What is your address?

Closed Questions Continued



- Might be multiple choice
 - What do you plan to do: quit, cut down or keep smoking?
 - Which of the following three exercises would you do?
- They limit the client's answer options. There is a fixed set of possible answers.

Closed Questions Continued

Usually sound like....

- Do you...
- Did you...
- Will you...
- Were you...
- Have you...
- When did you...

Closed Questions Atlanta MINT Conference 2014

- Not “penalized” in the MITI 4.0
- There is a time and place for closed questions.
- Very different than previous training.

Open Questions

- Open the door, encourage the client to talk.
- Nonjudgmental, nonthreatening.
- Do not invite a short answer.

Open Questions Continued

- Leave a broad latitude for how to respond.
- What are some good open questions to get the client to expand on their thoughts?

Open Questions Continued

Usually sound like...

- What brings you in today?
- What can you tell me about...

Open Questions Continued

- Tell me...
 - In what ways...
 - What have you noticed about...
 - What concerns you most about...
 - What are your thoughts about...

Open/Closed?

- What benefits or changes do you ideally want to happen in our time working together?
- Will you remember to do your exercises every day?
- What do you like about drinking?

Open/Closed? Continued

- When did you last have alcohol?
- How can I be most helpful to you today?
- What would change in your life if you got off the street?

Adapted from Berg-Smith Training & Consultation 2010

Open/Closed? Continued

- What would you like from treatment?
- Was your family religious?
- Tell me about your smoking. What are the good things and the not-so-good things about it?

Open/Closed?

Continued

- Have you ever been arrested for DWI?
- What problems has alcohol caused in your life?
- If you were to quit, how would you do it?

Open/Closed? Continued

- When is your court date?
- How many cigarettes a day do you smoke?
- How does smoking fit into an average day for you?

Open/Closed? Continued

- Have you used the patch before?
- Tell me about what you tried before to help you quit tobacco.

Don't Let This Happen to You!

- Role play with trainer.
 - Facilitator and volunteer.
 - 1st meeting - smoking cessation.
 - Two very different role plays.

Exercise - Time Permitting or Practice on Your Own 😊

- Let's turn some closed-ended questions into open-ended.

Exercise 😊

1. Do you smoke?
2. Do you have concerns about the stress in your life affecting smoking?
3. Isn't it important for you to serve your children healthy food?
4. Do you smoke marijuana or other street drugs?
5. Do you have problems sleeping?
6. Have you ever thought about getting help for your depression?

Exercise 😊

7. Do you have any questions before we get started?
8. Does your back hurt while sitting?
9. Is your baby doing all right?
10. Do you want to tell me anything else?
11. What do you want to do about your smoking - quit, cut down, stay where you are?
12. Is there anyone in your life hurting your children?

Exercise 😊

- 13. Would physical activity help be a good thing in your life?
- 14. Do you know anything about yoga?
- 15. Do you know anything about smoking cessation medications?
- 16. Do you want to stay in this relationship?
- 17. Is fast food something you like?
- 18. Will you remember to do your exercises every day?
- 19. Do you like drinking?
- 20. Can I be helpful to you?

Exercise 😊

- 21. Don't you think it's time for a change?
- 22. Would your life change for the better if you got off of the street?
- 23. Would quitting be a good thing for you?
- 24. Do you have concerns about your smoking habits?
- 25. When is your court date?

A Sneak Preview...Where do we go from Here?

The OARS

Open-Ended Questions

Affirmations

Reflections

Summaries



