

# Great Lakes Mental Health TTC

Presents

## Integrating Motivational Interviewing and Logo Therapy to Help Clients With Co-occurring Disorders Recover

Presenter

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# Definition

Motivational Interviewing is a collaborative, Person centered approach, geared towards strengthening a client's internal motivation to change.

Miller & Rellnick, 2009

# Principles of Motivational Interviewing

- Express empathy
- Avoid arguing
- Roll with resistance
- Support self-efficacy
- Develop discrepancies – “People change when there is a discrepancy between a current behavior and an important goal.” – William Miller

# Questions

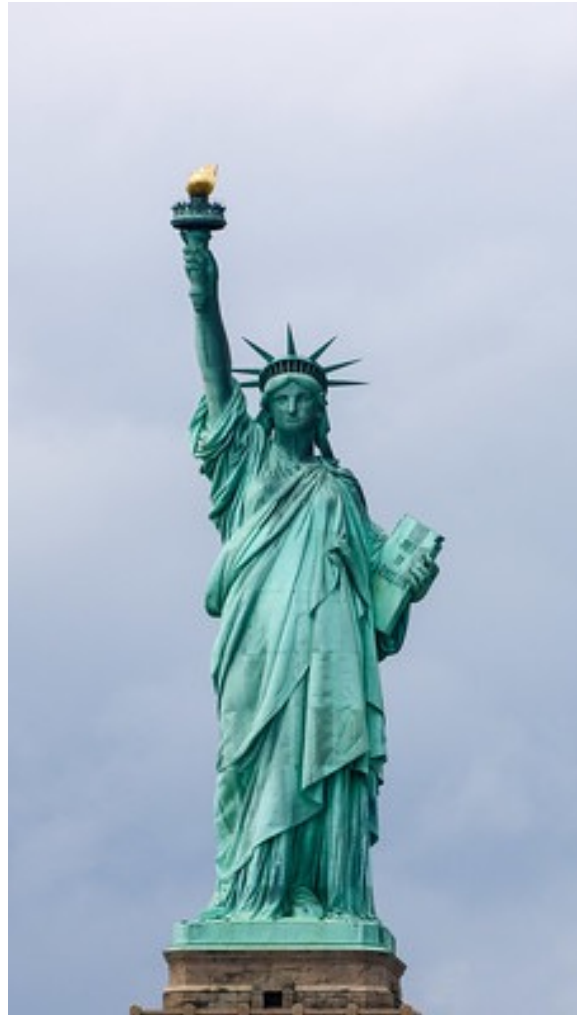
- How do you help clients who are so focused on basic needs (food, clothing and shelter) and have no time to think about their goals?
  - How do you help clients who have forgotten their goals?
  - How do you help clients who have no hope that their goals are attainable?
- “ Our clients don’t hit rock bottom. They live on the bottom?” Don Coyhis

# Logo Therapy

## Definitions

A form of psychotherapy than emphasis meaning/purpose. The approach was Developed by renowned Psychiatrist and Holocaust Survivor Viktor Frankl

A therapy that helps clients discover their purpose. It is derived from the Greek work “logos,” which means “purpose.”



# Statue of Liberty

Source: flickr commons

## **Developer – Viktor Frankl**

“You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in.”

Viktor Frankl – Third Viennese School of Psychotherapy



# 11 Things That Give Life Meaning





1. The attitude that one takes toward unavoidable suffering



## 2. Meaningful work



# Stem

# 3. Love

## 4. “Doing the will of God”



Ruby Bridges

Source: flickr commons

## 5. Taking a stand



# Rosa Parks

Source: flickr commons





Malala Yousafzai

Source: flickr commons



## 6. Patriotism



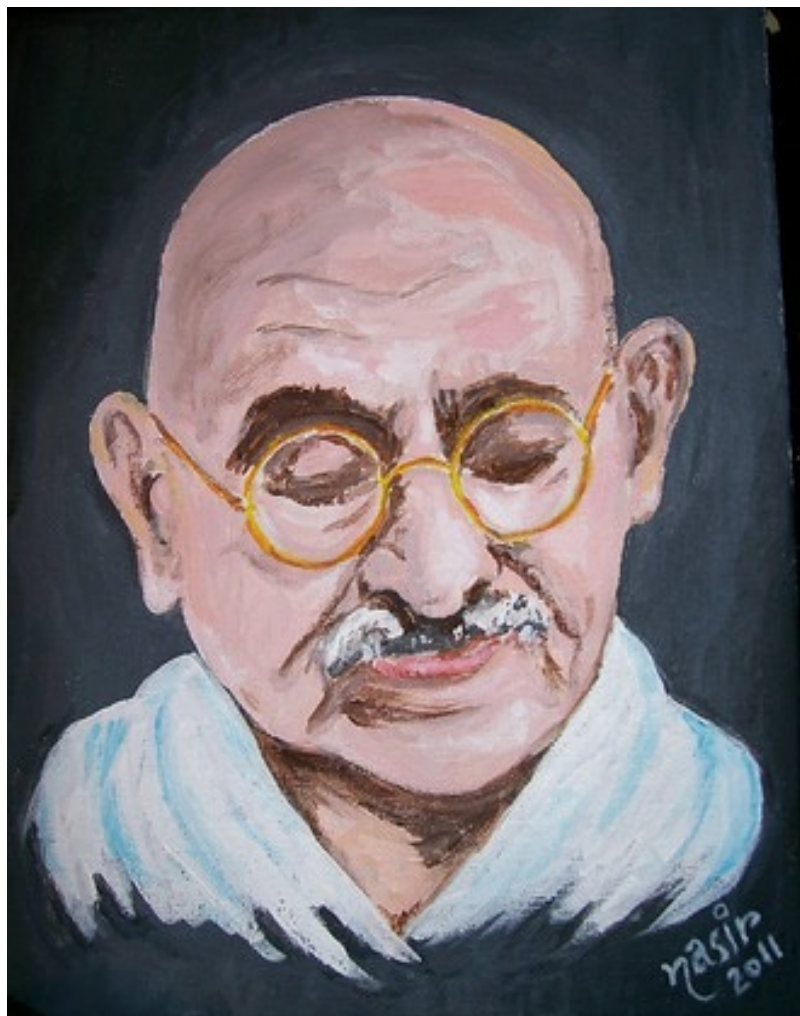
Winston Churchill

Source: flickr commons



Nelson Mandela

Source: flickr commons



Ghandi

Source: flickr commons



## 7. Helping others



8. Creativity – Using your artistic gifts to make the world a better place



Bob Hope

Source: flickr commons





Stevie Wonder

Source: flickr commons



Bono

Source: flickr commons



Oprah

Source: flickr commons



## 9. A life-changing experiential journey

# 10. Near death or reactions to death

# 11. Looking out for the next generation

# Impact of Life-Lacking Meaning

- Aimlessness
- Inertia
- Boredom
- “Living for the Lottery”

# Impact of Life-Lacking Meaning Continued

- Destructive pleasure seeking
- Psychiatric de-compensation
- Physical deterioration and aging
- Overwhelming guilt
- Anger, rage, and the desire to punish the world



# Impact of Life-Lacking Meaning Continued

- Depression
- Suicide attempts
- Suicide
- Addiction

# Impact of Life Lacking Meaning Continued

- Feelings of uselessness
- Relapse
- Death

# Logo Therapy Techniques

- Visualization
- Helping clients find purpose in the midst of unavoidable suffering

# Socratic Questions

- What do you do well?
- If you knew you had one hour to live and you were asked to leave a message to the world, what would you say?
- What would you do with your life if you knew you could not fail?
- What is your previous life suffering preparing you to do with the rest of your life?

# Socratic Questions Continued

- If money were not an issue, what would you do with your life?
- When you die, what do you want your headstone to read?
- What is your life purpose?

# Socratic Questions Continued

## Written exercises

- Purpose
- Short and long term goals

# Socratic Questions Continued


## Life plan exercises

- Treatment plan
- Relapse prevention plan
- Wellness plan
- Happiness plan
- Life plan

# Life Plan

- Unfinished business that you intend to complete
- Relationships you plan to nurture
- Life purpose
- Happiness plan
- 10 things you want to learn
- 10 places you want to go
- 10 things you want to possess
- 10 people you want to meet
- Who you want to become





“There is an advantage in every disadvantage and a gift in every problem.”

John H. Johnson

# Skills of Motivational Interviewing

## Opening Statement

### What you want to convey

- I will support your desired changes
- I will not attempt to direct the change process

# Examples

I am not going to try to tell you what to change or how to change. I am here to find out what's going on in your life and help you make any changes you decide to make.

I know I cannot make you stop using drugs. I will honor whatever decision you make concerning your drug use.

# Skills of Motivational Interviewing Continued

OARS

**O**pen ended questions

**A**ffirmations

**R**eflections

**S**ummarizing

# Motivational Interviewing Skills with Clients

## Continued

### Stage Based Interviewing

- Precontemplation - The client does not believe that he or she has a problem that needs to change.
- Contemplation – The client is aware of the problem and is ambivalent about changing.
- Preparation – The client is motivated to do something about the problem but has not done it yet.

# Motivational Interviewing Skills with Clients

## Continued

- Action – The client is engaged in action to bring about change
- Maintenance – The client has sustained the behavioral change for 6 months or longer

# Precontemplation

Goal – To raise Doubt

“I might need to address this.”

- Person centered relationship
- Information
- Stories
- Values clarification
- Role clarification
- Feedback from significant others

# Contemplation

Goal – To walk alongside the client to help him/her decide if he or she should change

- A balance sheet
- Speak to both sides of the ambivalence
- Honor the four laws of ambivalence
- Guiding questions



# The Four Laws of Ambivalence

- Law of paradox – When counselors choose one side of the ambivalence, clients often feel they have no choice but to choose the other side
- Law of freedom – Clients will often make decisions that lead to negative consequences for them if they feel their personal freedom is being taken away

# The Four Laws of Ambivalence Continued

- Law of conflict – Conflict occurs only if two people have conflicting goals
- The law of “I heard what I said”

# Guiding Questions

- What concerns if any do you have in this area?
- Speak to both sides of the ambivalence
- What are the advantages and disadvantages of continuing?

# Guiding Questions Continued

- If the client mentions a concern, ask for elaboration followed by an example
- Use extremes
- What are the best outcomes if you change?
- What are the worse outcomes if you do not change?

# Guiding Questions Continued

- Is anyone in your life concerned about this?
- If you don't change, where do you think you will be in 5 years?
- Look back – What was your life like before \_\_\_\_\_ ?

# Preparation

- Provide a menu of options
- Remove barriers
- Handhold
- Harm Reduction
- Deal with resistance

# Assessing the Importance of Change and Confidence

## Scale Questions

- On a scale of 1 to 10 with 10 being high, how important is it for you to change?
- How come it's not a \_\_\_\_\_ ?
- On a scale of 1 to 10 with 10 being high, how confident are you that you can change?

# Strengthening the Client's Confidence that He/She Can Change

Ask questions that elicit change talk

- What would be good first step?
- What obstacles do you anticipate and how would you deal with them?
- How will you go about making the change?
- What gives you confidence that you can do this?



# Strengthening the Client's Confidence

## Continued

- Explore sources of support and hypothetical change
- Use the confidence ruler  
“What would it take to go from \_\_\_\_\_  
to a higher number?”
- Review previous successes and obstacles overcome
- Discuss positive qualities