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Marked Feedback comment on: 23/50.

Reflection of Stimulated Motivational Interview

2- I am not clear on what you are meaning here- did he identify reasons for change or did the interviewer decide this? (page 3)

4- ? but this contradicts your previous statement because it shouldn't be about blame and accepting responsibility but guiding the person to make their own decisions.(page 4)

3- That statement alone gives me concerns that you do not understand the spirit of MI in general. (page 4)

5- Talk about this in terms of motivational interviewing (page 4)

Overall Comment on the assignment

I will break my feedback into segments for you, but please check your paper for additional comments.

Understanding of MI, theory and related concepts:

This was rather difficult for me to establish as the marker because the language used was not always consistent with MI and examples provided which you said were good evidence of MI were in fact not.

I have commented examples of this on your paper. Explaining the concept initially and then providing examples and a discussion would have made it much much easier for me to follow.

Identification of elements employed:

You did make some keen observations as to what elements the interviewer employed. However, this was not done in a critical matter and did not convey that an understanding of the application of MI was held by yourself. Give explicit example and discuss how these relate to behaviour change. You provided discussion more so about communication techniques, which although are part of MI, they are not specific enough to show an understanding of MI itself.

The missed opportunities:

I commented about this on your paper but remove personal opinion in reflections that are academic. These were communication techniques that you identified which although is not wrong, does not delve to the core of MI which evokes behaviour change. It would have been good to see you actually discuss these elements

Referencing and academic writing:

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Run your work through Grammarly to help identify and grammatical and spelling type errors. There were plenty in the text and in some cases made it unclear in some parts.

Good effort with the referencing thought.

Reflection of a Simulated Motivational Interview

I know this is a reflection, it would be better though not to use your personal opinion here though as this is still an academic piece. Consider the motivational interviewing session between Peter, who is the client, and the

counsellor, an effective session, which is directive and client-centered to elicit behaviour change *is directive where we should be heading with motivational interviewing?*

as the counsellor strives to assist Peter in exploring and resolve his ambivalence about his drug use and the need to begin making positive behavioural and psychological changes (Martino et al., 2019). In this simulated Motivational Interview (MI), various characteristics of MI are employed; however, to some extent, the interviewer did not fully exploit some critical opportunities. This paper reflects on the motivational interview techniques used by the counsellor, the available opportunities that could make the counselling better, the areas the interviewer did better, the client's response, and ways to promote substance abuse behaviour change. *Reasonable introduction. Start with a broad statement to capture the readers attention and then funnel it down into your specific focus area*

Features of Motivational Interviewing Employed

In the simulated Motivational Interview (MI), various features of MI were applied to improve the counselling session effectiveness. For instance, the counsellor expressed and showed empathy *how? Give examples of how they showed this* toward the client. The counsellor demonstrated empathy when discussing thoughts and behaviour that the client engages in regularly. *again- examples?* According to Magill et al. (2018), by showing empathy, the psychologist builds trust and rapport to assist the client in becoming more open to sharing more of his personal struggles, concerns, and history. Through empathy, the counsellor recognizes that the client may be ambivalent during the session, particularly during the start of the motivational interviewing (Romero-Martínez et al., 2019). I think the skillful and actively listening. Active listening makes the client feel valued and respected, allowing him to share more information to help in the behaviour change process *Active listening and empathy are two different things although they are related.* (Imel et al., 2019). The counsellor expressed empathy by seeking to understand how the client has been since the last

It would have been good to have a paragraph providing a bit of an explanation of MI and the elements involved and then launch into the reflection component.

session, asking why the client has not been able to report to work and asking if there could be underlying issues that she could maybe help. This is critical in establishing a good client-counsellor working relationship and trust.

According to Lewis-Fernández et al. (2018), showing support and developing discrepancy is a critical MI element. During the motivational interviewing session, Peter, who is the client, mentioned his reasons for changing his behaviour instead of seeing the counsellor as an authority figure with all the right answers (Kalra et al., 2020). For instance, Peter wants to stop being absent from his job so he can be promoted soon to earn more money. He wants to leave substance abuse, which he has been using \$25 to \$50 worth of drugs every day, and improve his financial position. The client also wants to change his behaviour and make his parents proud, as he has always rebelled against them.

A bit more of a critical discussion is needed here. I would not say he is ready to change. He is expressing a lot of ambivalence and the interview really pushed her ideas onto him.

Dealing with resistance is key in Motivational Interviewing. Minzloff (2019) reveals that when clients show resistance to changing their habits, the counsellor should not confront the resistance but instead need to avoid struggling to have the client see the counsellor's view. As the discussion session continues, the counsellor works with the client to help him examine and see different viewpoints, helping him select what viewpoint they want to stick with (Lundahl et al., 2019). In this case Peter says that he has not been going to work, probably because of a lack of motivation, however, the counsellor does not confront him for that, but she asks him, "Do you feel that if you lost your job that would put a big financial strain on you?". This helps the client explore the issue and see it in different ways, therefore encouraging behaviour change.

ok good example

Another critical element of MI employed in the counselling session is autonomy development. The counsellor demonstrated that the client had the authentic power to change their behaviour and that the power to bring change should come from within and not from the

counsellor (Mutschler et al., 2018). The counsellor encouraged the client to understand that he was ultimately responsible for changing his own behaviour. At this point, the client has to listen to the counsellor as he develops a number of actions that he is willing to take and change his behaviour. The counsellor enquired about the areas the client was willing to work on or address in particular. The client expresses his responsibility to fight substance abuse and hopes to quit

Not sure what to make of this paragraph as it contradicts the whole idea of MI. The counsellor should before long not be the one dictating the plan and goals.

The simulated MI shows the element of supporting self-efficacy, a critical feature of Motivational Interviewing. The principle of self-efficacy involves making clients feel able to attain the change they anticipate (Huang et al., 2018). The counsellor discusses and points out some behaviour and life experiences. The counsellor discusses current strengths held by the client to enhance the client's belief that he can overcome and change his behaviour (Kuerbis et al., 2018). In the simulation, the counsellor enquires about the client's strengths and motivation that can help achieve behaviour change. Peter explains that he has a strong drive to achieve whatever goals he sets.

The counsellor used open-ended questions to encourage the client to think more about his experience with substance abuse. According to Weller et al. (2018), open-ended questions do not require a "no" or "yes" answer. In the MI simulation, the counsellor asked the client numerous open-ended questions, including, how the week had been, and "What do you feel like your strengths are to help in stopping substance abuse?" *Link these types of questioning into the elements of MI*

Unexploited Opportunities for the Interviewer

No they weren't.... this is why we asked you to reflect!
Although the interviewer was generally excellent in the simulated Motivational Interviewing session, there are a few opportunities I feel the counsellor could have exploited to

improve the MI efficiency in encouraging behaviour change. I think the counsellor did not extensively exploit the element of affirmations. Affirmations involve statements that acknowledge the client's positive behaviour (Lannin et al., 2019). When done rightly, affirmations assist in building the client's confidence in their ability to achieve behaviour change (Starks et al., 2022). Some affirming responses include "You dealt with that situation well." and "I am happy you got the courage to come for the counselling; it is not always easy."

I think the counsellor could have invested more in summaries to help the client explore more about his substance abuse issue. Summaries involve special reflection that demonstrates that the psychologist has been attentive, listening, and understanding whatever the client has been discussing (Caperton et al., 2018). A counsellor can use summaries throughout the discussion session. Among the main techniques of summarizing include collecting, which reinforces what the patient said; for instance, the counsellor could ask Peter, "Let me see whether I understood what you said so far." This would help the client clarify what he said and even more information, which is good for the MI treatment. The linking technique of summarizing involves making the relationship between two discussion parts (Nedjat-Haiem et al., 2019). Using this technique, the counsellor could have used phrases like "A minute ago you wanted to say something about... maybe you can say something now." Transitioning summarizing is about wrapping up the end of the session. For instance, the counsellor could ask questions like, "Some minutes ago you mentioned...but the last session you said...what are your thoughts about that?"

So these are communication techniques. What about thinks like change talk? Setting the agenda? (evoking, focusing, etc).

Client Response

The client's response was positive, with significant characteristics of change talk. The client revealed the motivation for consideration and commitment to change his substance abuse behaviour. In the simulated Motivational Interviewing, the counsellor sought to guide Peter's

expression of change talk as the change pathway. Through the response, the client expressed a desire to change by indicating he wanted to change. Additionally, the client demonstrated the ability through "I can change" and had reasons to change, including improving his financial status and living a good life where his parents would be happy with him. There is a strong relationship between the strength of the client's statements regarding change and success in behavioural change (Park et al., 2019). The client opened up well, giving as much information as possible to facilitate the behaviour change. However, in some instances, the client gave short or incomplete answers; therefore, the counsellor should have prompted the client to give more details about his situation.

Conclusively, Motivational Interviewing is a practical theory that involves an evidence-based therapy for exploring clients' ambivalence, improving motivation and commitment to change, and also supporting the autonomy of the client to change (Frost et al., 2018). The major features of MI demonstrated in the case include empathy, discrepancy, dealing with resistance, autonomy development, and self-efficacy. There were various unexploited opportunities that the counsellor should have used to improve the MI process, including affirmations and summarization. Generally, the client's response was positive and effective, making the Motivational Interviewing effective for behaviour change.