

Motivational interviewing (transtheoretical model)

What is it?

Motivational interviewing is a service user-centred counselling style that enhances motivation for change by helping the service user clarify and resolve ambivalence about behaviour change. The goal is to create and increase discrepancy between present behaviour and future goals.

There is a great deal of research that suggests that there is a cyclical pattern of movement through specific stages of change when it comes to addressing problematic substance misuse.

Fundamentally research suggests that there are a common set of processes of change and a systematic integration of the stages and processes of change (doing the right things at the right times). These stages can be seen as follows;-

PRE-CONTEMPLATION

The service user has not yet considered the possibility of change.

CONTEMPLATION

The service user undertakes a serious evaluation of considerations for or against change.

PREPARATION

or DETERMINATION

The service user thinks “I’ve got to do something about this problem.” “This is serious. Something has to change.”

ACTION

MAINTENANCE

The service user identifies strategies & support to prevent relapse