Solution-Focused Approach and MI-Motivational Interviewing

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Sub-studies

• General similarities and differences in presuppositions, theory and philosophy

• Professionals' experiences

• Systematic literature review of meta-analyses - evidence for efficacy of MI and SF Research

• Overview - Clinical relevance of SF

Usability and utility
Similarities and differences

www.ltv.se/utvarderingLFMI
Solution Focused (brief therapy) is a dialogic competence model where the focus is on the client's preferred future, past successes, strengths and resources in the client and the client's network. Clients and therapists work together in dialogue to jointly construct solutions, rather than to explore and solve problems.

(summarized from Harry Korman, 2013)
“Motivational interviewing is a person-centered counseling style for dealing with the common problem of ambivalence to change”.

“Motivational interviewing is a collaborative and targeted communication style that draws particular attention to “change talk”. It is intended to enhance personal motivation and commitment to specific goals (change) by developing and exploring the person's own reasons for change, within an accepting and compassionate atmosphere”.

(Source: Miller and Rollnick, 2013)
Areas of use for MI and SF

- Health promotion and disease prevention
- Care and treatment
- Preventing exclusion and promote self-sufficiency
- Rehabilitation

MI and SF are good approaches that are based on and strengthens the client. MI is more often used in health care. SF are used in various types of public authority, in groups of clients and in collaboration between organizations.
The degree of benefit

- Uses only MI
  - 0

- Uses only SF
  - 0

- Uses both MI and SF
  - 0

MI
- 7.35
- 7.56
- 7.64

SF
- 10
- 10
- 10

8.28
Client utility MI
• Self-strengthening
• More motivated
• Improved lifestyles
• Clinically measurable effects
• Increased awareness of the problem and consequences
• Improved investigatory work

Client utility SF
• Increased hope
• See new opportunities
• Understanding what triggers conflict
• Improved lifestyles
• Taken responsibility for schooling
• Moved towards self-sufficiency
• Improved investigatory work
• Based on the client's needs
• Positive effects in client meetings; good relationship, security, contentment
• The main responsibility for change lies with the client
• Partly similar tools (scale questions used a little different, open-ended questions)
• Seeking cooperation in communication
• Strategic tool for change
• Provides the coach more presence and humility
Distinctive for SF

- Starting in determine what the conversation will be about
- No advice
- SF toolsets; specific opening question, Miracle Question, desirable future, scaling issues associated with small steps, clear descriptions, open questions
• Used regularly in client groups
• Used in the Working Group, at the organizational level and in collaboration
• Provides client with ideas for small steps forward
• Focuses on what is already working well or what the client believes in
• Strong future perspective
• In the professional role; get energy, will be more fun, feel genuine curiosity
• Clear, non-manual-driven approach
• Adapting the speed
• Exploring the clients ideas
• Sees the solution far forward, the path consist of small steps
• Questions based on the answers
• Suitable for lifestyle issues and addiction treatment
• Used in private life
• SF provided the basis for MI
• Chance to become solution forced by misuse
• MQ can be difficult
Distinctive MI

MI-tools; menu agenda, looking both forward and backward, rolling with resistance, reflections, ambivalence cross, summaries, affirmations, positive paraphrasing, clarifying readiness to change, scales that can explore both upwards and downwards the scale, open-ended questions
• Techniques to ask for permission to inform
• Emanate from and examines the degree of motivation
• Can emanate from the problem
• Clients opens up and is motivated to proceed in a certain direction, for example in handling matters
• Manual based
• Change management
• Useful when people do not see opportunities, in tobacco cessation and the risk of abuse
• In the professional role; dare to ask more, curious about the details and to understand humans
• Works well if client does not have their own thoughts about change
• New MI-venture in organizations
• Risk to stay too long with the problem so that the client is going backwards
IP 2 “... in my previous job the main focus was on problems because we were focusing on investigations of problems and worries ... it was not always that good”
Solution talk*
Problem talk

Change talk**
Sustain talk


IP 7 “... leave my role as a fixer... both SF and MI contributes to greater neutrality and humility”
IP 3 “MI seem to fit better when you want to be more controlling and in the exercise of public authority. SF seems to fit better in situations that are more open and unprejudiced”
To provide information

MI:
What do you already know about .......
Is it okay if I tell you about .......
What do you think about this / what does it mean for you?

SF:
(If the client asks for information)
If you get more information about X, what difference will it make for you?
How you will notice that the information has been useful to you?
What will you do differently?
“SF is more linked to the goal while MI takes measure of motivation”
Scales

**MI:**
On a scale from 0 to 10 .......
How important is it for you to .......?
How confident are you in your ability to cope?
How prepared do you feel right now to make a change?
What would it take for you to go from five to eight (on importance)?

**SF:**
Miracle scale
On a scale from 0 to 10 .......
10 stands for the desired future, 0 is the opposite, Where on the scale do you stand right now?
What is the difference to 0?
What will tell you that you have reached on step further up?
Where are the examples that you describe as precursors of the solution on the same scale?
Where would your best friend say you are....?
IP 5 “I now have an idea that SF is more questions and that MI is more reflections”
IP 8 “it pervades much of my work at various levels within the organization ... it works in collaboration meetings (especially SF but I would also like to bring in more MI)”
SF in leadership and organization

Examples from literature:

"Avoiding the fruitless search for problems and take the direct route to the solution"

(Source: Jackson, PZ and McKergow (2007). Solution Focused Leadership: making coaching and change simple.)

SF in leadership, team development, organizational and conflict resolution

(Source: M McKergow in Franklin, C., TS Trepper, et al. (2012). Solution-Focused Brief Therapy: A Handbook of Evidence-Based Practice.)

Effects on behavioral and production

Introduction MI

1. Why would you want to make this change?
2. How might you go about in order to succeed with it?
3. What are the three best reasons for you to do it?
4. How important is it for you to make this change and why?
5. So what do you think you’ll do?

(W.R Miller, S Rollnick 2013)
Introduction SF

1. What are your best hopes from this conversation?

2. If you ended up being pleased, how will you notice? How will other notice?

3. What will be different? What more? *5

4. What, connected to small signs of your best hopes, happens already? What do you and / or others do to make it happen?

5. How you will notice that you have taken one small step in the right direction?

(H Korman and S Öster 2013)
Working methods and tools in MI

Operation and concrete tools mentioned are:

- Create agenda for talks
- Simple and complex reflections
- Feedback
- Summaries
- Roll with resistance
- Ambivalence exploration, ambivalence cross
- Ask for permission to give information
- Scales
- Value cards
Working methods and tools in SF

Operation and concrete tools mentioned are:

- Build platform
- Confirm the situation
- Questions about resources
- Questions about support
- Breaking negative descriptions
- Miracle Question
- Scales
- Miracle Question for group
- Solution-focused questions
- "What is better"/follow-up
The Four Processes of MI

1. Engagement
2. Focusing
3. Evoking
4. Planning

MI 3:

- MI-spirit
- Four processes
- Deemphasize the transtheoretical model
- Deemphasize ambivalence

- Resistance
  - Discord/dissonans/disharmony
  - Status quo-talk

- Being able to explore ambivalence in "neutral position"
What is SF? Is there a ”new SF”?

-SF basic assumptions about people and change

-New influences in SF

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LANDSTINGET VÄSTMANLAND
Mix or refine?
Which imprints do we leave?
Approach?
Tools?

Thank you for beeing here 😊
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Some of my references:

**MI:**


www.motivationalinterviewing.org

**SF:**


www.sfbta.org
www.asfct.org