

# Motivational Interviewing in Problem Gambling Counselling: Applications and Opportunities

## An Introduction to a clinician's guidebook

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# What we will cover

- Development of guide book
- Motivational Interviewing and client ambivalence and resistance.
- Motivational Interviewing with other therapies, in particular imagery and metaphor.

# Sitting with a client:

- Will I see this client again?
- This client does not want to be here!
- This client is not giving me anything.
- This client is not in touch with their emotions.
- This client appears shut off.
- This client is not used to therapy, and finds it difficult to express themselves in English.

Can we develop a way of working that engages vulnerable clients who find talking therapies daunting or difficult?

- clients with limited emotional literacy
- clients who are inarticulate, or have limited English fluency
- clients who find therapy an unfamiliar terrain

# A Literature review :

- A literature review revealed the following key points;
  - Studies on PG treatments still limited- low to very low quality, few studies
  - Efficacy of CBT in reducing gambling behaviour and other symptoms of clients with pathological and problem gambling.
  - **MI beneficial in reducing gambling behaviour**

# Motivational Interviewing

- *Collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring a person's own reasons for change within an atmosphere of acceptance and compassion. (p. 29)*

# A Quick Motivational Interviewing refresher

- The Spirit of Motivational Interviewing.
- The four processes of Motivational Interviewing.
- Core Skills of Motivational Interviewing (OARS)

# Spirit of MI

- Form respectful partnerships based on compassion and acceptance

“so it sounds like you are here because your wife wants you to attend, and you are not sure you even have a gambling problem.”



# Spirit of MI



- Let go of the expert role

“If you have to be here what might we work on so that you leave feeling like you could take something useful away?”

# Spirit of MI

- Resist the urge to give unsolicited advice and become adept at evoking rather than telling.

*“What has helped you in the past?”*

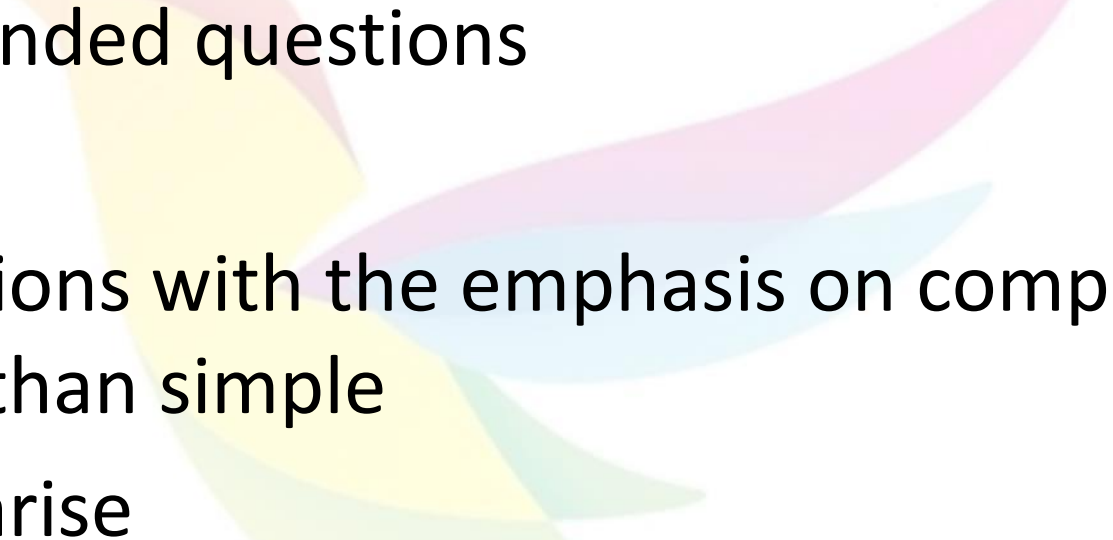
*“Tell me about how you know you have a gambling issue?”*

# The Four Processes

- Engaging
- Focusing
- Evoking
- Planning



# The Core Skills of MI: OARS

- **O**pen Ended questions
  - **A**ffirm
  - **R**eflections with the emphasis on complex rather than simple
  - **S**ummarise
- 



# Integrating MI with other Therapeutic Modalities

# Research

- Carlbring et al 2010
- Oei et al 2010
- Westra H. A, Constantino M. J, Antony M. M,  
Journal of Consulting and Clinical Psychology, March  
2016. MI plus CBT versus CBT alone for treatment of  
GAD.

# Westra et al - Results

- No difference between groups at end of treatment. Both effective.
- Differences emerged at 6 and 12 month follow-up
- MI-CBT showed steeper decline in worry and general distress than CBT alone.
- MI-CBT group 5 times less likely to meet GAD diagnostic criteria at 12 months.
- Twice as many drop outs in CBT group than MI-CBT group (23% versus 10%) approaches stat. sig.

# Why These Differences at Follow-up?

- MI provides an effective way to respond to resistance and ambivalence during the course of therapy
- Taking the time and openly exploring ambivalence about change as it arises during therapy, may inoculate against relapse
- MI assists clients become their own change agent rather than depending on a therapist.



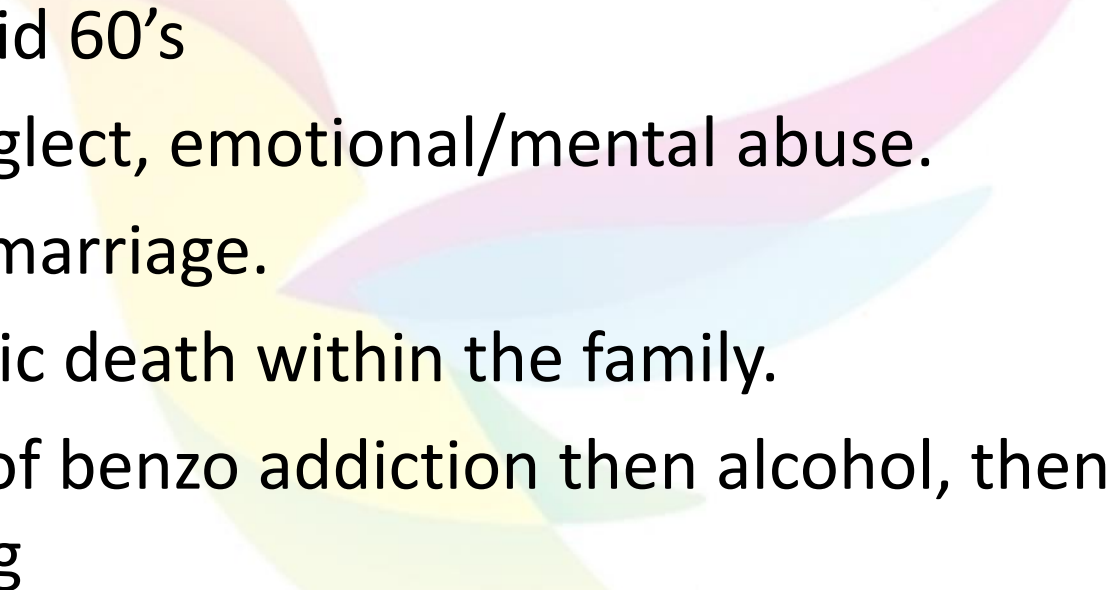
# Theory –Metaphor/Imagery

- Theory - early sense of self is developed in the image forming mind (mid-brain area).
- Metaphor (pictorial language) stimulates mid-brain structures.
- Experiential approach enables a felt experience – not just intellectual
- Experiential pictorial language has potential for restoration, re-integration of sense of self.
- Potential to change old patterns of thinking, feeling and behaviour.

# When to use Drawing and Metaphor

- Over intellectualising
- Can enable feelings to emerge
- Not verbally fluent or withdrawn
- Drawing may be less threatening than direct conversation – conversation can be ‘about the page’.
- Provides structure and a visual record of the therapeutic process

# Example of Metaphor/Drawing

- Claire mid 60's
  - Early neglect, emotional/mental abuse.
  - Violent marriage.
  - Traumatic death within the family.
  - History of benzo addiction then alcohol, then gambling
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# Summary

- Integrating MI with other modalities has potential to improve outcomes for the client.
- The guidebook provides an excellent summary of current MI
- If interested then training in MI is recommended

# Guidebook

The guidebook is available on the Gambler's help Southern website:

<http://gamblershelpsouthern.org.au>

<http://gamblershelpsouthern.org.au/educational-professional-resources/for-professionals/>

Select the guide book at the bottom of the page



**Thank You**