

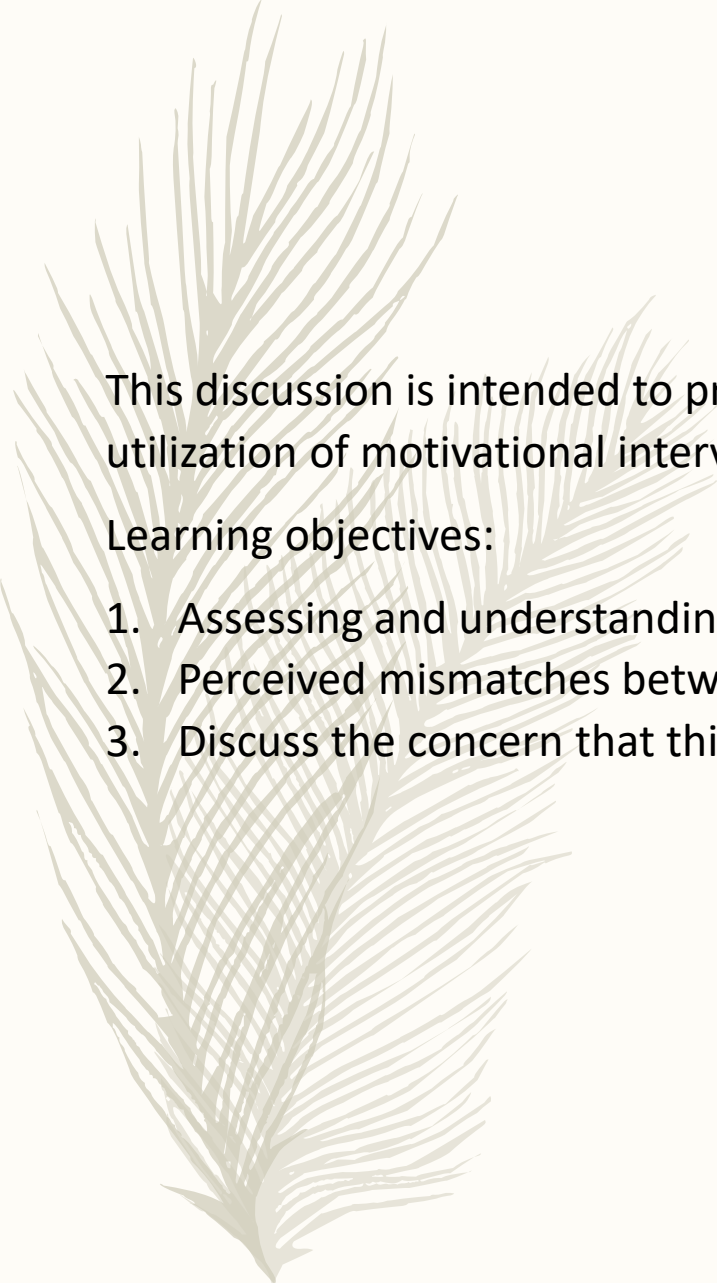
Ethics in the Utilization of Motivational Interviewing

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This discussion is intended to promote consideration and prompt discussion in regard to ethical issues in the utilization of motivational interventions

Learning objectives:

1. Assessing and understanding a client's readiness to change
2. Perceived mismatches between readiness level and intervention strategy
3. Discuss the concern that this approach is 'manipulative'.

**People want to
change everything and,
at the same time,
want it all to
remain the same.**

- Paulo Coelho





Six stages of change based on James Prochaska's theory of readiness

Stage 1: Precontemplation

Stage 2: Contemplation

Stage 3: Preparation

Stage 4: Action

Stage 5: Maintenance

Stage 6: Termination



MI Process

Engaging

Focusing

Evoking

Planning

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**“What fits your busy schedule better, exercising
one hour a day or being dead 24 hours a day?”**





Core Skills for the Interviewer

Affirming

Reflective Listening

Summarizing



Ethical Values to Consider with MI

Nonmaleficence

Beneficence

Autonomy

Justice

Motivation: The Old Way

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**"I'm looking for a motivation consultant who
advocates screaming, blackmail, and violence."**





When NOT to use MI

When the client's best interests are potentially in conflict with one's own

When you have a personal investment in the outcome

When you are recovering from the same problem being presented by a client and may overidentify with the person and promote your own particular choices

Coercive power

Benefit



Guidelines for Ethical Practice of MI

When you sense ethical discomfort or notice any discord in your working relationship, clarify the person's aspirations and your own

When your opinion as to what is in a person's best interest differs from what the person wants, reconsider and negotiate your agenda, making clear your own concerns and aspirations for the person



Guidelines cont.

The greater your personal investment in a particular client outcome, the more inappropriate it is to practice strategic evoking.

When your personal investment is dissonant with the client's best interests

When coercive power is combined with a personal investment in the person's behavior and outcomes, the use of strategic evoking is inappropriate



THANK YOU FOR LISTENING

**PLEASE DON'T ASK HARD
QUESTIONS**

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