

## Case Example



Kit is a 35-year old woman in a stable relationship with a young child aged 18 months. She is also pregnant in her second trimester right now. Kit has a past history of mental illness. She has been well for most of her adult life with occasional flare-ups. The past year and a half have been very challenging for Kit in adjusting to motherhood. Although she and her partner planned this pregnancy, Kit is getting more and more terrified about having another baby. You have encouraged her to discuss her fears with both her psychiatrist and her obstetrician. Kit is taking some added time off work, but she has not put her son into day care. You think it might help her to have some time to herself, but Kit has not followed up on any suggestions you have made. Also, a spot in a local support group has opened up and Kit is not sure if she wants to attend.

## Worksheet with Questions for Reflection

### Reflective Questions:

1. What is “ambivalence”? Do you think Kit is showing signs of ambivalence?

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2. Can you think of something that you feel ambivalent about?  
(Hint: you might have a thought like “I know I should . . . .”)

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3. How do you feel when someone tries to convince you to do/decide something?

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4. How do clients respond when they are ambivalent about something?

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5. As a service provider, what makes ambivalence difficult? What makes ambivalence comfortable for some clients?

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6. How often do you find yourself trying to persuade a client to change something (thought, behaviour), and the other party defending their status quo?

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7. What have you found helpful when you have discussed change with a client?

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8. How can you use more open-ended (client gives narrative style response) versus closed (client gives yes/no response) questions with a client?

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9. What can help you understand a client's concern(s) and context, and relay to them an awareness of your comprehension?

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10. How can you ask a client for permission to provide them with information or resources?

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11. What is your communication style? How can you use it in Motivational Interviewing?

- Following: Listen carefully and follow along
- Directing: You make a clear suggestion and explain your rationale for it
- Guiding: Listen carefully, Ask about options, explore pros and cons of each together
- All of the Above.

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12. How do you deal with the pressures of limited time with a client?

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13. Can you think of other possible responses to DESIRE statements?

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14. Can you think of other possible responses to statements about ABILITY?

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15. Can you think of other possible responses to statements about REASON?

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16. Can you think of other possible responses to statements about NEED?

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17. How would you respond to:

a. A statement that includes commitment?

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b. A statement about step(s) taken?

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c. A client statement with tentative commitment?

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## Decisional Balance Example: “I am thinking about asking for help”

If I don't make a change		If I make a change	
Benefits	Costs	Costs	Benefits
<p>What are some of the good outcomes?</p> <ul style="list-style-type: none"> <li>• I am in control</li> <li>• People think I am the perfect parent because I can do everything</li> <li>• I don't have to depend on others</li> </ul>	<p>What are some of the not so good outcomes?</p> <ul style="list-style-type: none"> <li>• I feel very overwhelmed and frustrated</li> <li>• I feel I am putting on a mask</li> <li>• I have no energy to enjoy my partner or my child</li> </ul>	<p>What are some of the not so good outcomes?</p> <ul style="list-style-type: none"> <li>• I have to admit I can't do everything myself</li> <li>• People will think I am not the perfect parent</li> <li>• I will have to accept that people do things differently than I would like them done</li> </ul>	<p>What are some of the good outcomes?</p> <ul style="list-style-type: none"> <li>• I could take some time for myself or get some extra sleep</li> <li>• I won't have to pretend constantly</li> <li>• I would feel less irritable and enjoy time with my partner and child</li> </ul>

## Decisional Balance Worksheet: \_\_\_\_\_

If I don't make a change		If I make a change	
Benefits	Costs	Costs	Benefits

## Resources and References Handout

### RESOURCES

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Detailed overview of the Transtheoretical model.  
[www.uri.edu/research/cprc/TTM/detailedoverview.htm](http://www.uri.edu/research/cprc/TTM/detailedoverview.htm).

S Rollnick, CC Butler, P Kinnersley, J Gregory, B Mash. Motivational Interviewing. BMJ 2010; 340:c1900; [www.stephenrollnick.com/index.php/all-commentary/69-motivational-interviewing-article-published-in-the-british-medical-journal](http://www.stephenrollnick.com/index.php/all-commentary/69-motivational-interviewing-article-published-in-the-british-medical-journal)

S Rollnick, WR Miller, CC Butler. Motivational Interviewing in Health Care. Helping Patients Change Behavior. 2008. The Guilford Press: New York.

Motivational Interviewing. About MI.  
[www.motivationalinterview.org/quick\\_links/about\\_mi.html](http://www.motivationalinterview.org/quick_links/about_mi.html)

For Courses in Motivational Interviewing, see Centre for Addiction and Mental Health:  
[www.camh.net/education/Online\\_courses\\_webinars/motivinter\\_online\\_overview.html](http://www.camh.net/education/Online_courses_webinars/motivinter_online_overview.html)

A brief discussion of motivational interviewing is given in: CAMH, Motherisk. (2007). Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation: A Handbook for Health Care Providers.  
[www.camh.net/Publications/CAMH\\_Publications/psychmed\\_preg\\_lact.html](http://www.camh.net/Publications/CAMH_Publications/psychmed_preg_lact.html).