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Motivational Interviewing and Trisomy 21: Resolving Ambivalence

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Description of the Intervention

- The intervention used with my client was Motivational Interviewing, a humanistic approach aimed to naturally facilitate change and create client autonomy.
- The nature of Motivational Interviewing is based in a respectful and curious way of being with clients that empowers them to change by drawing out their own meaning, importance, and capacity for change.
- Motivational Interviewing is a 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 the person's own reasons for change within an atmosphere of acceptance and compassion. (Miller & Rollnick, 2013, p.29)

Brief Review of the Research

- “Although the full framework is a complex skill set that requires time and practice, the principles of Motivational Interviewing have intuitive or common-sense appeal and core elements of MI can be readily applied in practice as the clinician learns the approach... MI has observable practice behaviors that allow clinicians to receive clear and objective feedback from a trainer, consultant, or supervisor.” (Miller & Rollnick, 2009, p.1).
- “Motivational Interviewing is particularly useful to help people examine their situation and options when any of the following are present: Ambivalence is high and people are stuck in mixed feelings about change, confidence is low and people doubt their abilities to change, desire is low and people are uncertain about whether they want to make a change, importance is low, and the benefits of change and disadvantages of the current situation are unclear.” (Miller & Rollnick, 2009, p.4)
- My paper originally focused on individuals suffering from alcoholism; however, this semester long process has demonstrated just how flexible Motivational Interviewing is as an intervention.

Clinical Problem Addressed

- My client is a 24-year-old straight cisgender Caucasian male. His pronouns are he/him/his and he is diagnosed with Down Syndrome and Obesity.
- The client presented feelings of loneliness, lack of attention, and lack of productiveness, these have been the main symptoms affecting my client.
- Specifically, my client targeted his persistent urges to lie and recent episodes of lying that have impacted his personal life and furthered his feelings of lack of attention and productiveness.

Conceptualization of the Intervention

- Lying is an issue that presented itself in the middle of our therapeutic relationship. The client told an elaborate lie that was dangerous to himself, and his peers involved. It felt necessary to complete an intervention related to this in order to elicit a response and genuine understanding of the impact of these actions from the client.
- The intervention should work
- The client has goals of living a productive and healthy life. Client wants to be employed again, get a girlfriend, and enjoy his day-to-day life with feelings of accomplishment. This intervention allowed us to explore how lying could impact that and what actions the client can take to avoid that going forward.

Implementation

- The client participated in a Motivational interviewing-based activity titled “Thoughts And Behaviors: Costs and Benefits” as well as an outcome measurement tool, the DASS-21.
 - I assessed the clients urges to lie over the course of 5 sessions from April to May. I asked the client to self-assess moments during the week where they had urges to lie, and then completed the MI worksheet with him as well as the outcome assessment.
- The client appreciated this activity and it helped him gain an understanding of how dangerous lying can be. Client was frustrated at the outcome assessment but didn't hesitate to ask for clarification and ultimately completed everything asked of him.
 - I took these sessions slow and was deliberate in my questions. I clarified when I found it necessary and overall provided my client a space where he could explain his own reasoning for change, which is a primary component of Motivational Interviewing.

Evaluation and Outcome

- The outcome measure used was the Depression, Anxiety, and Stress Scale (DASS-21). The measure was created by a team of researchers from the University of New South Wales in Australia.
- The questions assess the levels of Depression, Stress, and Anxiety in clients.
- Tiers are broken into Normal, Mild, Moderate, Severe, and Extremely Severe. Client scored a 6 and is in Normal range for all three categories.

| | Depression | Anxiety | Stress |
|------------------|------------|---------|--------|
| Normal | 0-9 | 0-7 | 0-14 |
| Mild | 10-13 | 8-9 | 15-18 |
| Moderate | 14-20 | 10-14 | 19-25 |
| Severe | 21-27 | 15-19 | 26-33 |
| Extremely Severe | 28+ | 20+ | 34+ |

References

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