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Using MI to establish client's awareness of interpersonal relationships.

By: Dawn Menard

Using DB as an MI technique / MI in relationships

Description of Intervention

The goal and theme of MI was using DB during my sessions was to help my client resolve ambivalent feelings and insecurities to find the internal **motivation** he needed to change his behavior which was his negative automatic thoughts about his interpersonal relationships and about himself. A **decisional balance** sheet, also called a pros and cons list, is a tabular method for representing the pros and cons of different choices and for helping someone decide what to do in a certain circumstance. The first full exposition of the method of MI (Miller and Rollnick, [1991](#)) added the concept of ambivalence about change, referring specifically to counterbalancing the pros and cons of change.

Clinical Issues Addressed

Client is a 44-year-old single male, has a 10-year-old son, lives with ex gf. As per the DSM-5, the client's diagnoses of Major Depressive D/O and PTSD have been met based on the criteria from his presenting problems. (APA, 2013).

MDD D/O-F33.1

Depressed mood or irritable

Decreased interest or pleasure

Guilt/worthlessness

PTSD-F43.10

Intrusion

Avoidance

Changes in mood

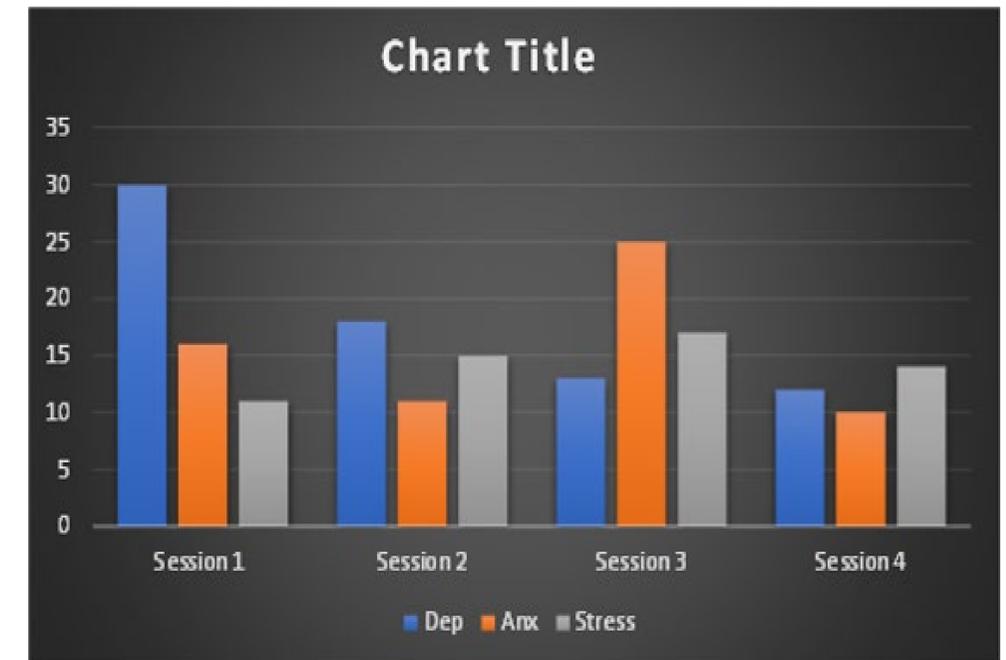
upsetting memories

Review of Research

Research on the transtheoretical model indicates that the relative balance of pros and cons shifts across and is a marker of the stages of change (Carey, Maisto, Carey and Purnine, [2001](#); Ma et al., [2002](#)). DB, which dates back to Irving, ([Janis and Leon Mann 1977](#)), is a method for representing the benefits and costs of different choices and has been used to facilitate decision-making. (Foster, & Neighbors, 2013).

Therapist and Client Responses all 4 sessions

Provided empathetic, supportive, and active listening. Re-framed and reflected to client; encouraged client to work on positive self change talk and used DB to help him become more willing to change the ambivalence to be happier and think about moving out of his current situation. Used psychoeducation to provide information and support to better understand and cope with depressive sx's. He responded by saying that he is a " fat, disabled gimp, nobody wants me". Client states he struggles with wanting to move out with son because he has is not working and his ex is primary financial support. Client stated still feels that he does not have the potential to be worthy of a healthy relationship due to his medical issues.



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