

Awakening Motivation for Difficult Changes

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Welcome!

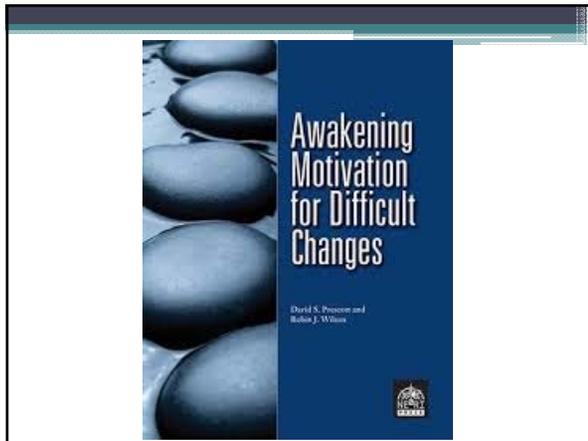
Faces and names

David



Robin





Gratitude!

- ❖ Shoshanna Must
- ❖ Donald R. Pake, Jr.





David's Motivation



Problems:

- ❖ Disrespect by many professionals of the earliest phases of treatment
- ❖ Implicit assumptions of many professionals
 - “treatment is a privilege” vs. change is a right
 - “I only accept you if you accept my timetable for change.”

Robin's Motivation



Problems:

- ❖ Nobody likes to be in trouble
 - what's the answer to, “Who left the milk out”?
 - acknowledging troubles is hard
 - rubbing their noses in it doesn't breed change
- ❖ Lifestyle balance and self-determination are the ultimate goals of therapy, but everyone needs a little help in seeing why they are important

Reality

- ❖ We need to ...
 - build willing partners in change
 - build treatment completers
 - build responsivity



Before you paint your home...

- ❖ This is the first step to change
- ❖ This is treatment



This is awakening motivation This is maintaining motivation

Effective Programs

RESPONSIVITY principle

- ❖ effective programs are those which are responsive to client characteristics
 - cognitive abilities
 - maturity
 - motivation
 - mode of intervention
 - scheduling concerns
 - neurological impact of trauma

Relationship Problems



Learning Difficulties



Hyperactivity



Communication Difficulties



Paradoxical Communication

- ❖ You need to be more motivated to change.
- ❖ Treatment holds the promise of a “good life”.
- ❖ It is our job to point out your thinking errors; however, it is not acceptable for you to observe when we are using thinking errors.
- ❖ We expect you to demonstrate meaningful and consistent behavioral change within a highly controlled environment.
- ❖ You need to participate fully in treatment regimens that we professionals cannot agree on ourselves.

Cognitive Rigidity



Ambivalence

- ❖ I want to work with you, but I don't want to sacrifice myself
- ❖ I want to change, but I want to be respected
- ❖ I want to be in treatment, but I don't want to be in a one-down position
- ❖ I want to look at myself, but I don't want to feel less of a man
- ❖ etc. etc. etc. etc. etc.

Absence of Curiosity



Key theme in workbook ...

- ❖ **Just notice**
- ❖ **See what happens next**
 - Not just mindful...
 - Investigating each experience



How do people change?

- ❖ Challenging “distorted cognitions”?
- ❖ Completing assignments?
- ❖ Following the manual?
- ❖ Through their experiences and discoveries?

- ❖ Or, via a relationship experience where hope and possibility are renewed ... or born.



Attachment



Empathic Attunement



Empathic, attuned interventions

- ❖ Unexpected
- ❖ Welcome
- ❖ Impactful



What we need ...

- ❖ Mindset
- ❖ Heartset
- ❖ Spirit
- ❖ Attitude
- ❖ Intention



Compassion



Political Climate

- ❖ Coercion
- ❖ Shame
- ❖ Blame
- ❖ Threats
- ❖ Punishment



We can leave no one behind



Neuro-research reminds us ...

- ❖ Compassion
- ❖ Respect
- ❖ Social justice for all, including our clients
- ❖ Prizing differences
- ❖ Human potential
- ❖ Collaboration



Take-away messages

- ❖ Creating new mindsets
- ❖ Go slow and listen long
- ❖ Spend 20% of session engaging
- ❖ Look for client confirmation
- ❖ Listen for ambivalence
- ❖ Dance with discord
- ❖ Respect the unexpected
- ❖ Be multi-modal and use your space
 - YOU are the most influential presence



Skills

- ❖ How could I make this problem worse?
- ❖ How does the behavior make sense?
- ❖ What are all the ways he/she feels two ways about his/her life?
- ❖ What are the positive goals for change?



Best use of our workbook ...

- ❖ No force
- ❖ Remember that change is difficult
- ❖ Emphasize self-discovery
- ❖ Promote balance and self-determination
- ❖ Completing these exercises makes other treatment easier...



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