

Simplifying Non-Pharmacological Treatments for Chronic Pain: Motivational interviewing

Motivational interviewing is a collaborative, patient-centred approach for helping patients feel **confident** and **motivated** to make changes in their lives.¹ Motivational interviewing tends to be most successful when patients are in the **contemplative** stage of change.



OARS: The four basic interaction techniques used in motivational interviewing

- **O**pen-ended questions
- **A**ffirmative statements recognizing strengths
- **R**eflection and paraphrasing to better understand thoughts
- **S**ummaries to ensure clear communication

DEARS-A: Steps for using motivational interviewing in your practice

- Develop **D**iscrepancy: "You say that _____ is important to you, yet you continue to _____; help me understand."
- Express **E**mpathy: "I understand how difficult this is."
- Aim at **A**mbivalence: "Tell me the pros and cons of changing and the pros and cons of staying the same."
- Roll with **R**esistance: Don't push if the patient resists: "What do you want to do? How do you want to proceed?"
- Support **S**elf-efficacy: "It sounds like you have made some real progress. How does that make you feel?"
- **A**void the fix: Avoid providing advice or instructions; suggestions should come from the patient with you serving as a subject matter expert when they ask for your input.



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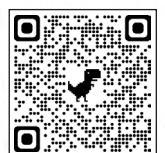
The Readiness Ruler¹

Ask your patient to rate their responses to these questions on a scale from one (not ready) to 10 (ready):



- **How important is making this change to you?**
- **How confident are you that you can make this change?**

Interested in learning more? Visit <https://cfpclearn.ca/> to view the College of Family Physicians of Canada (CFPC)'s four-part webinar and podcast series on non-pharmacological treatments for chronic pain. The CFPC has certified this Self-Learning series for up to four Mainpro+® credits.



Scan the QR code with your smart phone to go to <https://cfpclearn.ca>.

¹ Miller WR, Rollnick S. *Motivational Interviewing: Preparing people for change*, 2nd ed. New York, NY: Guilford Press; 2002.