



National Screening, Brief Intervention & Referral to Treatment

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Tips for Enhancing Brief Interventions: Anger Issues

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# SBIRT

- **S**creening
- **B**rief **I**ntervention
- **R**eferral
- **T**reatment



# Motivational Interviewing

- Approach to behavior change that assumes that motivation is fluid and can be influenced
- Motivation is influenced in the context of a relationship



# Spirit of Motivational Interviewing

- Collaboration
- Evocation
- Autonomy



# Principles of Motivational Interviewing

- Express empathy
- Develop discrepancy
- Avoid argumentation
- Roll with resistance
- Support self-efficacy



# Anger

- Felt emotional state
- Typically follows unwanted aversive interactions with others



# Anger

- Varies in terms of
  - Intensity
  - Duration
  - Frequency
  - Body changes
  - Distortions and deficits



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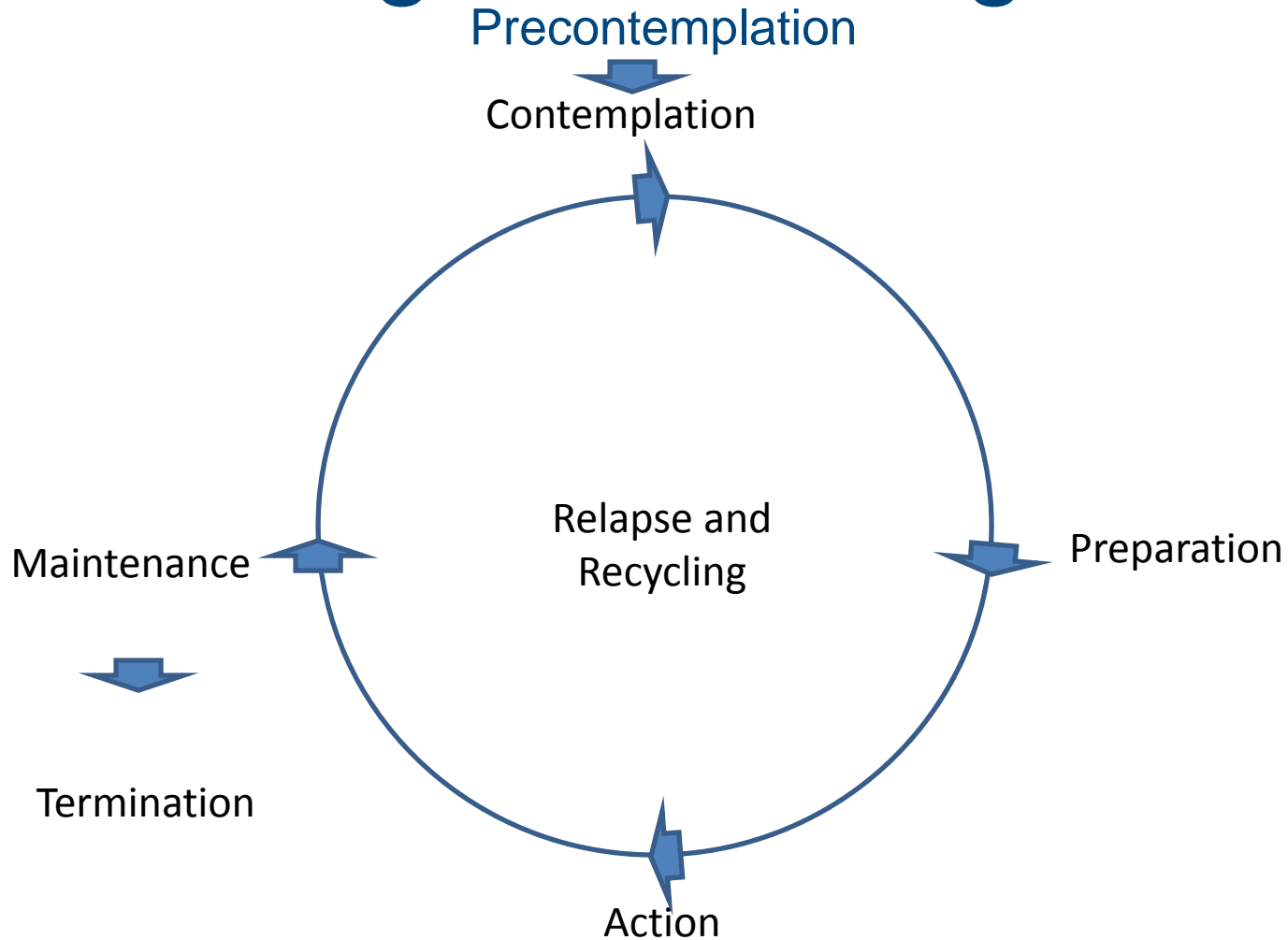
*“Given a choice between changing  
and proving that it is not  
necessary, most people get busy  
with the proof.”*

John Galbraith





# Stages of Change





# Precontemplation

- Establish rapport and trust
- Explore events that precipitated treatment entry
- Commend client for coming
- Agree on direction
- Assess readiness to change
  - Readiness ruler
  - Description of a typical day



# Precontemplation

- Psychoeducation regarding effects and risks of substance use
- Create doubt and evoke concern



# Contemplation

- Changing extrinsic to intrinsic motivation
- Tipping the decisional balance
  - Summarize concerns
  - Explore specific pros and cons
  - Normalize ambivalence
  - Reintroduce feedback
  - Re-explore values in relation to change
  - Examine client's understanding of change



- Emphasizing personal choice and responsibility
  - Exploring and setting goals
  - Goal sampling and experimenting
  - Tapering down
  - Trial moderation
  - Enhancing commitment



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- Taking small steps
- Going public
- Envisioning



# Preparation

- Negotiating a plan for change
  - Offering a menu of change options
  - Developing a behavior contract
  - Lowering barriers to action
  - Anticipating problems
  - Enlist social support



# MI Techniques

- Affirmations
- Reflective listening
  - Level one reflections
  - Level two reflections
  - Level three reflections





# Common Forms of Client Resistance

- Arguing
  - Challenging
  - Discounting
  - Hostility



# Techniques for Dealing with Client Resistance

- Simple Reflection
- Amplified Reflection
- Double-Sided Reflection
- Shifting Focus
- Agreement with a Twist
- Reframing