

Critical Appraisal Form

Date: 17-Mar-21

Members in Discussion: 5

Article: McFarlane, L. (2012). Motivational Interviewing: Practical Strategies for Speech-Language Pathologists and Audiologists. *Canadian Journal of Speech-Language Pathology and Audiology*, 36,1, 8-16.

Summary:

This tutorial discusses the background and evidence behind MI use, and provides guidance for MI techniques that can be implemented into practice for SLP's and Audiologists.

5 criteria are identified for the application of counseling rehabilitation; These are (1) goal oriented, (2) collaborative, (3) client centered, (4) brief, and (5) evidence based.

The four guiding principals of MI include, expressing empathy, developing discrepancy, rolling with resistance, and supporting self-efficacy. (O) Open questions (O), Affirmations (A), Reflections (R), and Summaries (S) are key skills of MI. An example of a type of reflection is: "Your family is concerned about the effects of labeling Ryan and you have concerns about his communication and his behavior." This is a 'double sided reflection,' whereby the reflection starts with the thoughts that are resistant to change, and ends with ideas about change.

Conveying autonomy is considered fundamental to MI. A key difference between MI and other counseling communication frameworks is that it "is an integrated, goal oriented approach and guides skillful, strategic use of communication techniques to achieve specific therapeutic outcomes (p. 11)."

Strengths and Limitations of research article:

n/a

	Compelling	Suggestive	Equivocal/Uncertain
Validity	n/a		
Clinical importance	X		

Clinical Implications/Discussion:

- A number of members in the discussion had completed the full day MI workshop with the author and have been implementing MI and finding it beneficial
- Double-sided reflection, open ended questions, asking permission to share information, reframing reflection (e.g. When parents say their child 'Can't', say 'Not yet') were all discussed as aspects of MI that members found to be valuable
- Example responses from the 'reflection exercise' on page 16 were discussed. Feedback for the responses sometimes included how the conversation would start, and how it might end with a statement or open ended question relating to change.
- Motivational interviewing workshop by the author and the website www.motivationalinterview.org were mentioned as additional resources for further learning