Childhood Obesity and Motivational Interviewing

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What is Motivational Interviewing?
• Client centered counseling for eliciting behavior change by exploring and resolving ambivalence.
• Focused
• Goal directed
• Non-coercive
• Non-confrontational
• No persuasion

Assessment of Readiness to Change
• What do they know about the problem?
• How is behavior impacting them?
• Importance and Confidence (ready, willing and able)
• Scale of 1-10
Precontemplation

- Psychoeducation
- Ask permission
- Posters
- Handouts
- Activity books
- Evoking or eliciting change talk
- Looking back and looking forward

Contemplation

- Cost benefit analysis (positive and negative)
- Resolving ambivalence
- Rolling with resistance
Preparation
• Setting realistic goals
• They choose the goals
• Small, measurable steps

Action
• Implementation
• Rewarding successes  NOT WITH FOOD
• Seek out social support (parents and friends)
• List motivating statements  (aps in phone)
• Adding additional goals as they achieve

Preparation
• Agenda Setting Cards
  Eat More Fruits  Drink Fewer Sugary Drinks
  Eat more Veggies  Eat less Junk Food
  Bring Lunch to School  Drink more Water
  Exercise More  Eat Smaller Portions
  Walk to School (friends)  Eat (healthy) Breakfast
  Eat Less Fast Food

Adapted from Los Angeles SANO/STAND project
Maintenance
- Develop coping strategies to deal with unexpected temptation
- Recognizing barriers and triggers
- Reaffirm commitment to change

Lapse/Relapse
- Lapses happen—not 12 step model
- Recognize unexpected triggers and barriers
- Fix what went wrong

Common Motivations and Barriers
- Motivations
  - Family history of disease
  - Disability
  - Death
  - Social issues
- Barriers
  - Based in biological determinants
  - Powerlessness
  - SES/Food Deserts
  - Neighborhood
  - Adapted from Naar-King & Suarez (2011)
Resources


References

• Naar-King, S., & Suarez, M. (2011). Motivational Interviewing with Adolescents and Young Adults. New York, Guilford Press