Study on the Possibility of Integrating Motivational Interviewing and Transtheoretical Model for Gambling Addiction Treatment

Jung-Im Jang[1], Sung-Bong Kim[*2]

[1][2]Graduate School of Education, Jeju National University 66 Jejudaehak-Ro Jeju-Si Jeju-Do,
690-756, Republic of Korea
edutopia@jejunu.ac.kr

Abstract. Motivational interviewing (MI) and transtheoretical model (TTM) have been introduced as effective therapeutic approaches recently in the addiction treatment area. The MI and TTM are mutually separately utilized but sometimes, they are used together in a mutually complimentary relationship. However, concrete discussion on how to integrate and use the MI and TTM together has been less than sufficient. In this recognition, the purpose of this study is to explore the possibility of combining the two models prior to developing a gambling-addiction counseling model based on MI and TTM integration.

Keywords: Gambling addiction, counseling model, Motivational Interviewing, Transtheoretical Model

1   Introduction

For people exhibiting addictive behavior, the most important issue is the issue of motivation related to behavioral change [1] and ambivalence reduction [2]. In this regard, the Motivational Interviewing (MI) and Transtheoretical Model (TTM) has been utilized as effective therapeutic approach in the field of addiction treatment.

The MI and TTM are either utilized independently from each other or together in mutually-complementary compromise. The fact that numerous researchers and therapists in the world accept the stage of change model of the MIT and TTM together and use the together indicates that the two models are naturally harmonized with each other [1]. This study seeks to examine the possibility of integrating the two models based on the understanding of MI and TTM. This research is expected to serve as the basic study for developing a counseling model for the treatment of gambling addiction treatment.

---

[*] Corresponding Author

2   Exploration of TTM and MI integration possibility

2.1. Discussion on Transtheoretical Model

The Transtheoretical Model (TTM) is a mainstream theoretical model dealing with the problematic behavior overcoming process. The TTM is consisted of 4 sub-dimensions (stages of change, balanced decision making, self-efficacy and process of change). Of them, the stages of change is a key idea of TTM.

In the stages of change, people's intension, attitude and behavioral change are viewed to go through pre-contemplation stage, contemplation stage, preparation stage, action stage, and maintenance stage. Process of change summarizes main psychological treatment schemes into 10 indispensable types for change after theoretical comparison and analysis [3]. Such a change process, coupled with the stages of change, provides an integrative approach of psychological treatment. Each process of change is differently applied according to each stage of change. In other words, each change stage has a distinctively-used change process [4-5] and there are change process stressed for the move of each change stage.

2.2. Discussion on Discussion on Motivational Interviewing

The MI is defined as a directive and interviewee-oriented counselling method to lead to a behavioral change by supporting an interviewee to explore and resolve ambivalence [1, 6]. The MI is structured partially with four basic principles of express empathy; develop discrepancy; roll with resistance; and support self-efficacy; along with relatively more concrete techniques [7]. The basic MI principles and techniques are directive in that they make counselor respond selectively to counselees' words in order to support them to move towards change and find a solution to ambivalence.

Also, the MI is counselee-focused in that it makes counselor stay closer to counselee, respects counselees' choice, and stresses empathy. The MIT emphasizes the cooperative relationship between counselor and counselee. The method assumes that the relationship between counselor and counselee is not hierarchical but cooperative one; motivation for change is already inside counselee; and behavioral change is subject to the free selection of counselee [8]. For this reason, the MI stresses sprit more than technique such as acceptance, collaboration, compassion and evocation.

In this aspect, Rollnick and Heather (1992) [9] explained that the MI, though much part of it is structured, is a counselee-focused method requiring the precise empathy of counselor.

2.3. Possibility of Integrating the Two Models

The TTM stresses that the processes of change should be timely provided in the context of the big framework of recovery process, to encourage counselees to go

through a series of stages of change. The TTM emphasizes the procedural aspect of change stage and process but is limited in presenting a proper counseling method facilitating change.

On the other hand, the MI is a communication method to make and improve internal changes of counselee [1]. The MI is counselee-centered in that it seeks a cooperative relationship between counselor and counselee; respects counselees' choice; and stresses empathy. It is more focused on ambivalence in its more structured process and purpose. DiClemente (1999)[10] stated that the MI approaches can be properly utilized in counselees in any of the stages.

To sum, the TTM suggests the goals and direction of behavioral change. That is, it can provide appropriate procedural aspect as a frame for behavioral change to show counselees what to change to which direction. On the other hand, the MI provides the counseling and communication style of the whole therapeutic process. So the MI is deemed to offer the contents for change as a theoretic ground applied throughout the whole change stage.

3   Conclusion

The possibility of integrating the MI and TTM was explored herein. As a result, it can be suggested to use the TTM for the procedural aspect and MI for substantial aspect. This is to employ the TTM as the frame of reference, which looks at behavioral change not from a first-dimensional perspective but as a gradual process including diverse tasks and multiple responsive activities. In order for a certain behavioral change to be completed through the stages of change, efforts to think, plan and practice are required. Motivation will help provide the intensity, efforts and energy necessary to go through these whole change processes. In this regard, the MI spirit, principles, techniques, etc. will assist counselees to successfully complete many different tasks necessary to move from the pre-contemplation stage to maintenance stage. Based on the possibility of the two model integration explored in this study, follow-up study is planned to analyze and integrate the main ideas of MI and TTM in order to propose a gambling addiction counseling model.

References

1. Miller, W. R. & Rollnick, S. (2002). Motivational Interviewing: Preparing People for Change, (2nd ed.). New York, NY: Guilford Press.
2. Shaffer, H. J., Hall, M. N., & Vanderbilt, M. N. (1997). Estimating the prevalence of disordered gambling behavior in the United States and Canada: a meta-analysis. Boston: Harvard University.
3. Prochaska, J. O., DiClemente, C. C. (1983). Stages and process of self-Change of smoking: Toward and integrative model of change. Journal of Consulting and Clinical Psychology, 51, pp. 390-395.
4. Prochaska, J. O., DiClemente, C. C., & Norcross. J. C. (1992). In search of how people change: Applications to addictive behaviors. American Psychologist, 47, pp. 1102-1114.

5. Prochaska, J. O., Velicer, W. F., DiClemente, C. C., & Fava, J. (1988). Measuring processes of change: Applications to the cessation of smoking. Journal of Consulting and Clinical Psychology, 56, pp. 520-528.
6. Atkinson, C., & Woods, K. (2003). Motivational interviewing strategies for disaffected secondary school students: a case example. Educational Psychology in Practice, 19(1). pp. 49-64.
7. Lee, K. M. (2008). Motivating Interviewing in Working with Adolescents. The Korea Journal of Youth Counseling, 16(1), pp. 119-137.
8. Miller, W. R., & Rollnick, S. (2013). Motivational interviewing: Helping people change (3rd ed.). New York, NY: Guilford Press.
9. Rollnick, S., & Heather, N. (1992). Negotiating behaviour change in medical settings: The development of brief motivational interviewing, Journal of Mental Health, 1(1), pp.   25.
10. DiClemente, C. C. (1999). Motivation for change: Implications for substance abuse. Psychological Science, 10(3), pp. 209-213.