

# Creative Approach to Motivational Interviewing: Art Therapy

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## Theoretical Framework

- Motivational Interviewing (MI) is described as “a way of being” with clients. Where the relationship is collaborative and the client is the “expert” and capable of sorting out his/her own feelings about change.
- Research shows that art therapy, in general, works to bypass defenses by promoting emotional expression, encouraging a spiritual recovery, and fostering creativity.
- Research also shows that when the MI approach is coupled with creative approaches, such as art therapy, ambivalence can be greatly reduced.
- In 2006, Horay created specific exercises to be used in sessions to address ambivalence.
- Holt and Kaiser (2009), created “The First Step Series”, using art therapy in substance use counseling, research has generalized the approach to other behaviors change as well.

## Intervention

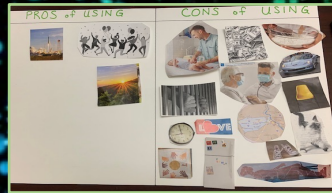
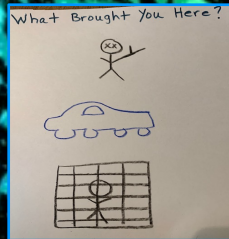
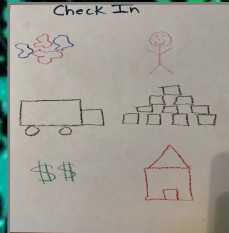
- Client is given 10 minutes to identify an emotion that he/she has recently experienced
- The drawing also gives the clinician a jumping off point to focus the session.
- Asks the client to “depict a crisis or incident that brought him/her into treatment
- Examples of client's work could be a hurricane indicating chaos or a dangerous situation, indicating anxiety
- Also known as a “Costs-Benefit Collage” if there are only 2 quadrants (it can be less confusing to the client)
- This exercise generalizes to any target behavior change.
- Meant to evoke empathy and establish a collaborative relationship
- The client creates his/her own “river of life” by drawing images that depict events, activities, and other meaningful information on a river.

## Demographics

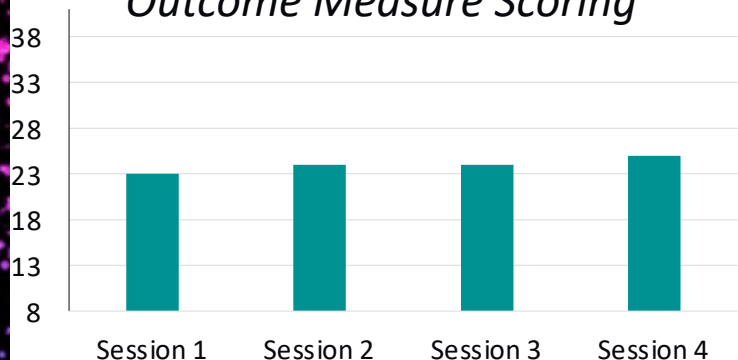
- 32-year-old White male
- Single, never married
- No children
- Youngest of 6 children
- No formal schooling – can not read or write
- Works full time as a mover

## Presenting Problem

- Client presented to treatment after being incarcerated
- Reports anxiety about “everything”
- Reports anxiety any time he has to leave the house
  - Cognitive: racing thoughts - “something will go wrong”, “I need to be prepared”.
  - Physiological: accelerated heart beat, sweaty palms, shaking hands, tapping feet
  - Behavioral consequences: avoids looking for a new job for fear of breaking routine, always leaves the house early to account for possible complications
  - Emotional: fear of not living up to his abilities, feels anger and resentment towards parents.
- Still experiences passive cravings and thoughts he may relapse
- Diagnosed w/ Opioid Use Disorder, in Sustained Remission, on Maintenance therapy



## Outcome Measure Scoring



Crowe, A., & Parmenter, A. (2012). Creative Approaches to Motivational Interviewing: Addressing the Principles. *Journal of Creativity in Mental Health*, 7(2), 124-140. <https://doi.org.ric.idm.oclc.org/10.1080/15401383.2012.684662>

Forman, D. P., & Moyers, T. B. (2019). With odds of a single session, motivational interviewing is a good bet. *Psychotherapy*, 56(1), 62-66. <https://doi.org.ric.idm.oclc.org/10.1037/pst0000199>

Holt, E., & Kaiser, D. H. (2009). The First Step Series: Art therapy for early substance abuse treatment. *The Arts in Psychotherapy*, 36(4), 245-250. <https://doi.org.ric.idm.oclc.org/10.1016/j.aip.2009.05.004>

Horay, B. J. (2006). Moving Towards Gray: Art Therapy and Ambivalence in Substance Abuse Treatment. *Art Therapy: Journal of the American Art Therapy Association*, 23(1), 14-22.