

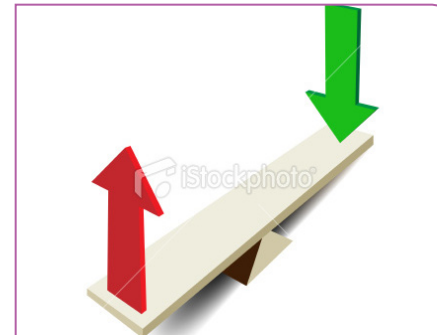
# Differences Between Motivational Interviewing and Leverage-Based Intervention.

Both strive to tip the decisional balance in favor of treatment goals.

	MI	LBI
Focus	Client	Client's situation
Method	Interview/ dialogue	Group/ confrontation
Goal	Reduce ambivalence	Obtain agreement despite ambivalence
Slogan	Change the mind, change the life	Bring the body, and the mind will follow

*Which you use depends upon many factors:*

- » **What you're trying to accomplish.** If your goal is to increase self-statements reflecting motivation for change, then MI is your tool. If your goal is to get someone to comply with treatment recommendations (particularly quickly), then LBI is probably superior.
- » **The setting in which you work.** MI is particularly helpful in OP settings because it is much less likely to 'scare' the reluctant patient off. LBI is more effective in inpatient settings because it allows for quick identifiable gains in goals.
- » **The clinician:** some are better at the MI style, some at the LBI style. Possible explanation: MI is a style of interviewing that promotes engagement. LBI is a style of intervention that promotes positive decisions.



## Illustration: The seesaw metaphor

Motivational Interviewing tries to tip the balance through addressing the individual's ambivalence. LBI is focused on the current situation, and tries to tip the balance through use of leverage and influence.

## LBI requires the following:

- » **leverage** – although that can vary greatly depending on the case
- » **influence** – usually through family, friends, or peers in treatment.

It's not so much a therapy technique as a philosophy of intervention.