

## P02-361 - WHAT CAN PSYCHIATRISTS DO WHEN THEY FIND RESISTANCE? THE VIEW OF MOTIVATIONAL INTERVIEWING

R. Pedrosa<sup>1</sup>, S. S. Almeida<sup>2,3</sup>, M. Viana<sup>1</sup>

<sup>1</sup>Hospital de São João, <sup>2</sup>Faculdade de Medicina da Universidade do Porto, <sup>3</sup>Instituto Português de Oncologia, Porto, Portugal

Motivation is a state of readiness and willingness to change, which fluctuates over time and / or situation; it is therefore a dynamic process. This state can be influenced by external (pressure, enforcement actions) or internal factors.

*Motivational interviewing (MI)* is a brief psychotherapeutic intervention, a scientifically tested method developed by Miller and Rollnick and viewed as a useful approach in the treatment of lifestyle problems and disease.

MI assumes that everyone has the ability and the resources they need to perform a change. However this is unlikely if the patient is trapped in a situation of ambivalence. To resolve this conflict of attraction-rejection the patient's arguments should be explored.

The resistance arises from the interaction between psychiatrist and patient. The way the psychiatrist responds to resistance can markedly reduce or intensify it. Therefore, the psychiatrist should recognize the motivational state of the patient and guide his therapeutic interventions by it. It's useful when the patient expresses resistance to stop and to acknowledge that change can be difficult. In addition, the clinician can lead the patient to consider new information or perspectives, without imposing his own views. This may trigger arguments against change and the possible breakdown of the therapeutic relationship.

In summary, an important skill in MI is to identify resistance since it can be enhanced by the way the psychiatrist responds to it. The current review provides the MI approach to resistance behaviour offering practical advice on the ways the psychiatrist can address it.