

Pacific Problem Gambling

A Motivational Approach

ABACUS Counselling, Training and Supervision Ltd



Pacific People Affected by PG

Consider each of the following statements extracted from an AOD paper (Robinson et al 2006)

- How do these statements apply to treatment of Pacific people who are affected by problem gambling?
- How does your practice meet these needs or requirements?
- What could you do to address any gaps?



NZMJ Pacific Research Paper

Robinson, Warren, Samu, Wheeler, Matangi-Karsten, Agnew 2006

- “ ...treatment (*of Pacific people*) is often viewed as a collective concept... (*not a clinical event*) ...but as part of the whole ‘family’”
- “Many participants perceived that current assessment practices were ‘foreign concepts’ due to emphasis on the ‘individual’ (and instead focussing upon the process of establishing a connection/trust ‘within a Pacific context’)”
- ‘Integrate Pacific and Palagi approaches’
- ‘Use a holistic view approach (e.g. Fonofale model of fale (house) – with 4 pillars of physical, spiritual, mental, and ‘other’ parts of the Pacific person, with culture (roof) and family (base)’

Continued

- ‘(goal of) Inner healing – with spiritual approaches for island born, Palagi/Pacific, and NZ born
- ‘Transparency important about stages of intervention with Pacific clients to reduce suspicion’
- ‘Education is integral with treatment for Pacific clients, especially delivered in natural settings’
- ‘(Pacific people) Can feel threatened with written questionnaires, and may record a more favourable response out of respect or shame’



Continued

- ‘Assessment is the 1st stage of helping – (here) rapport is more than completing an assessment form’
- ‘Alternatives to written forms should be considered, even if translated’
- ‘Often need more intensive, longer, and incorporate families’
- ‘(Practitioner) Important to be Pacific (but have Palagi option) with good clinical as well as Pacific culture skills’

A Motivational Approach

Motivational Interviewing (MI) is the most widely used therapeutic approach in NZ by AOD & PG practitioners

- Does it fit these Pacific treatment needs?
- All, or some – if so, which ones doesn't it fit?
- Is MI able to be used in a family approach as well as individually?



Motivation and MI



Motivation

- “I don’t think it’s a problem, so why should I change?” (no motivation)
- “Others think it’s a problem and want me to change” (external motivation)
- “I start to think it’s a problem and think I need to change” (internal motivation)

Motivational Interviewing (MI)

Practitioner recognises there is a problem, helps me gain insight by bringing out my own concerns, and supports me towards change



MI: What is it?

“A person-centred, goal oriented approach for facilitating change through exploring and resolving ambivalence”

(Miller 2006)



The Heart of MI

- Drawing out (important elements of change are within the client)
- Partnership (client as expert; practitioner as resource)
- Choice (Only the client can choose to change)



Core concepts of MI

Principles of MI (REDS)



MI core concepts

1. Draw the motivation and commitment to change out **from the client**
2. A collaboration – working **alongside** (not expert/client)
3. Empathy – see the issues **from the client's viewpoint** and let them see you doing this
4. Aim is to build up the client's resources to move on
5. These concepts are reflected in the Principles of MI (REDS)

MI core concepts continued

Principles of MI (**REDS**)

- **R**oll with resistance – clients feel accepted
- **E**xpress empathy – clients feel understood
- **D**evelop discrepancy with the way they are and their goals – clients see a better way
- **S**upport self-efficacy – clients own their own change

Discuss how these fit with a Pacific approach

Rolling with resistance

“My probation officer has it fixed in her mind I’m addicted to gambling – I’m wasting both your time and my own having to come here!”

Not “Well, you have to come, and from talking with her, your trouble arose from gambling, so perhaps it’s time to get real!”

Instead “You feel she’s made a mistake and you can take it or leave it”

Micro Skills (OARS)



MI core concepts continued

- **Communication style (OARS)**
 - **O**pen questions – client talks most
 - **A**ffirmation – demonstrates your empathy and raises their self esteem
 - **R**eflection – you check and they re-hear positive statements for change
 - **S**ummaries – again they rehear their own positive statements for change, and signals a topic change ('where to from here?')

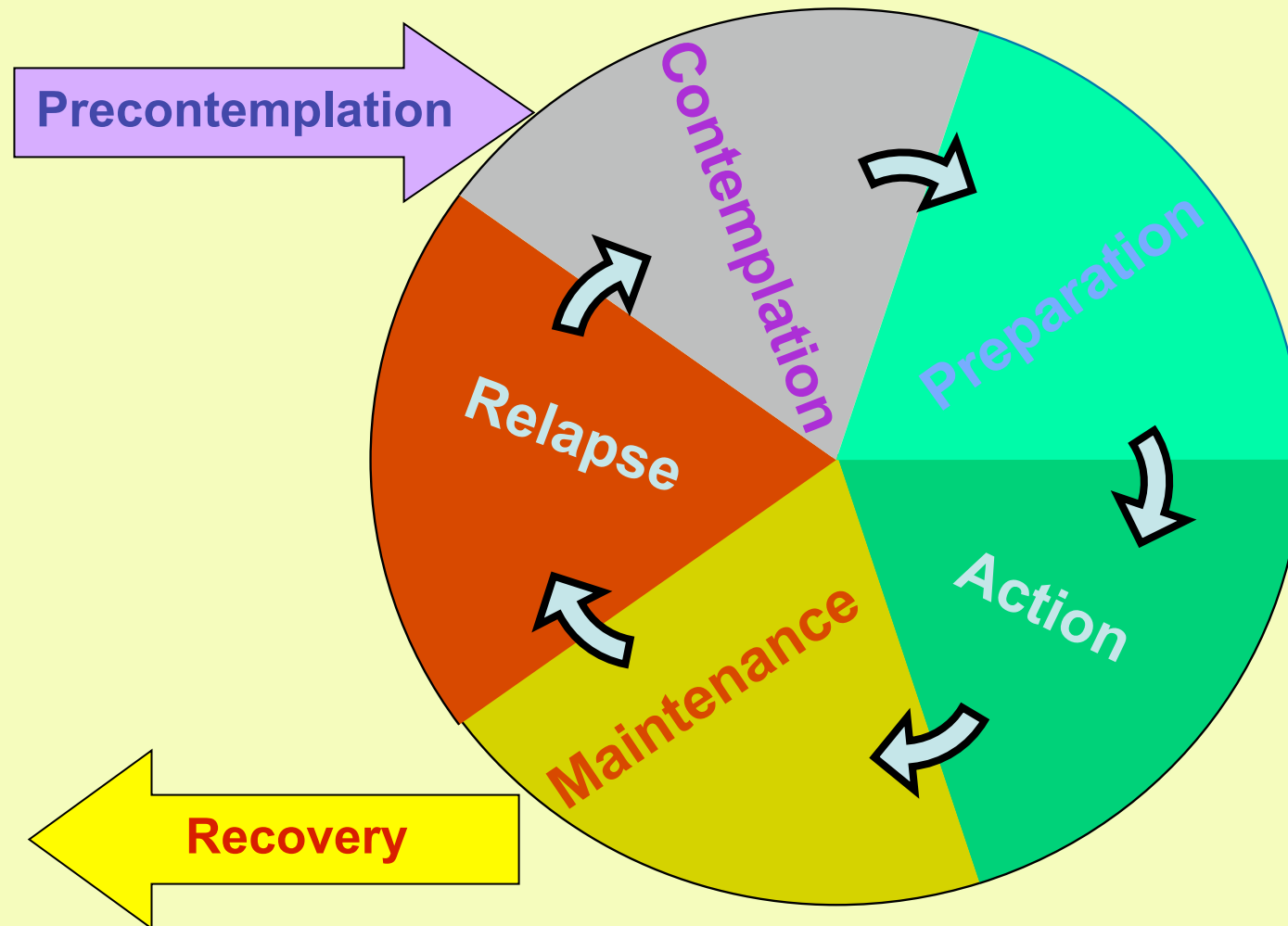
Discuss how these fit with a Pacific approach



Trans-theoretical Model of Change

Prochaska & DiClemente

Transtheoretical Model of Behaviour Change



Readiness & MI

- What the client says, and how they say it, indicates their stage of change
- Use the best MI strategy to match the stage of change
- If the client sounds more resistant, change what you're doing
- Discuss the Wheel of Change concept as it applies to Pacific clients – are Pacific clients more likely to be in any particular sector?



How ready to change?

“I am spending a lot less now, but my juices were running when the Melbourne Cup was on – that can’t be good”

Maintenance?

Increase confidence and commitment; identify triggers and coping behaviours



How ready to change?

“I’ll ask my brother to come with me to ban myself from Sky City”

Action?

Use support, affirmation



How ready to change?

“If it wasn’t my betting it would probably be something else they’d find wrong”

Precontemplation?

Use strategies to raise importance

Look forward/back; explore values; good things & less good about change; importance scaling



How ready to change?

“I have tried again and again to stop, but it’s always the same”

Contemplation?

Use strategies to increase confidence: explore successes and reframe ‘failures’; explore strengths and supports; confidence scaling



Family as an MI group

Motivational Interviewing can be effective in family and other groups

Prof C. Wagner

- Focus on present, not past wrongs
- Focus on positives, not negatives
- Focus on the present, then broaden to future (desires, needs, plans, self-improvement)
- Try to link aims e.g. the best for the family
- Use MI principles (REDS) and Micro-skills (OARS)

You are seeing a Pacific family:

Sione and his wife Leilani were born in Samoa, and their son Levi (19), was born in NZ. Leilani is worried about her son (after his heavy borrowing from her) and arranged counselling for his gambling.

Sione is angry with Levi for wasting money on pokies, and calls him “a loser”. Levi says everything is “cool”, says he “knows what he’s doing and will sort things out – they’ll see”

Helping the family

- How could you work with this family?
- Where do you think Levi is in stage of change?
Mother? Father?
- What MI strategies could you use with each family member as a group?

Form into groups of 4, 3 representing each of the family and use MI approaches



Summary

- What are the key differences in addressing problem gambling issues for Pacific clients?
- (for generic services) What would you do differently when a Pacific client presents?
- (for Pacific service) What would you do if a young 2nd generation NZ born Pacific client presents on his own?
- What changes could you make in your service to enhance it for Pacific people?

