

Optimise:  
overview of  
motivational  
psychosocial  
intervention

# Sessions

- Psychoeducation, web, SMS (2 sessions)
  - Desirable to include family if patient is happy
  - Commence immediately after randomisation
- Motivational sessions (6 sessions)
  - Approximately 1 per week
  - Some flexibility if sessions missed etc
  - Commence after psychoeducation sessions
  - Delivered in clinic, patient's home.... etc
  - Family only included if patient wishes it
  - Administer CALPAS scale with client

# Psychoeducation, SMS

- Web based, available in local language
- Also, available in hard copy
- Aim is to illustrate and demonstrate the psychoeducation for them to use as they wish
- SMS service: a reminder service for individual clients to personalise reminders which they receive by text message
- If patient doesn't want to use these - its up to them!

# Intervention overview

1. Build engagement
2. Engage in discussion regarding life concerns/key goals and values
3. Identify how medication fit in to these goals and the client's stage of change in relation to medication adherence
5. Share mini-formulation/feedback linking concerns/goals/psychosis/medication
6. Work on consolidating motivation for client to progress to action stage if indicated
7. Review, develop and modify formulation and from this identify and develop strategies for change
8. Identify how client can avoid setbacks and maintain change

# General guidelines

- If client misses a session, reschedule asap even if there are repeated missed sessions
- Deliver as many sessions as possible (up to 6) within 52 weeks
- Sessions aim to be weekly but may not happen this way....
- Be flexible about location, timings etc etc
- If session is short, may count as missed (>10 mins), also consider half sessions, sessions by phone....

## Cont.

- Tape record sessions if possible (for supervision, personal use and fidelity check)
- Record session details (using session checklist), session length (minutes), whether taped, location, fill out fidelity self rating questionnaire (Opti-MI)

# Supervision

- PIs will ensure that therapists are adhering to therapy protocol
- Local peer supervision groups (2 weekly) to share recorded sessions, discuss cases
- Up to two supervision sessions per therapist with Allan Fohlmann via Skype/telephone
- Follow-up training seminar with Optimise

# SMS and the Web

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<http://kognitioner.dk/downloads/>

- Handouts from OPTiMiSE 23-25 marts 2010  
Amsterdam - Motivational Interviewing training course
- [OPTI-MI](#). (UK version) MI Fidelity Self Rating and Training Questionnaire

### **To read and watch:**

- [Motivational Interviewing, Second Edition: Preparing People for Change](#). William R. Miller, Stephen Rollnick & Kelly Conforti
- [Motivational Interviewing Training Video: A Tool for Learners](#). Hettema, 2009

