The Client Self-Exploration: Does Depth Matter?

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What do I hope to accomplish?

To pique your interest!
What is the Client Self-Exploration (CSE) measure?

- Created by Roger’s students, Truax and Carkhuff (1967)
- To measure the depth of the client’s intrapersonal processing
- To facilitate training clinicians in what to listen for and reinforce in therapy
Early process research

- Higher levels of CSE led to better outcomes
- Higher levels of therapeutic conditions given by therapists led to higher levels of CSE by the client
Motivational Interviewing and CSE
MISC history

- MISC 1.0 - four global measures of client participation; Affect, Cooperation, Engagement, and Disclosure

- MISC 2.0 – The CSE replaced the four global measures and was a 7-point likert scale
Current MISC 2.5

- 5-point likert scale
- Still measures “High Point”
- Verbal anchors to assist with rating
- Changes to reflect importance of cognitive as well as emotional processing
1. No personally relevant material revealed

3. Some personally relevant material volunteered

5. The client engages in active intrapersonal exploration, discovery, and creation
Personally Relevant material

- Feelings and emotions
- Self-Perception
- Problems
- Values, life choices
- Roles and relationships
- Goals, hopes, dreams
From the MI Perspective, what kind of measure is this?
Global and Specific
Global and Specific

- Global in the sense that you listen to the entire session and the process and context help the rater know how much self-exploration is going on.
- Specific in that the rating is based on the “high point” of self-exploration and is not an average (or sum) over the session.
How are CSE and client language (change talk and sustain talk) related?
How are CSE and change talk (CT)/ sustain talk (ST) related?

- CSE – CT usually correlated around .40 -.50
- CSE-ST – sometimes correlated, sometimes not
- A skilled clinician will actively encourage and reinforce self-exploration in the direction of change
- Perhaps the CSE is picking up a different dimension of client language
Comparing CT with CSE

- I have lots of reasons to exercise more! I would feel better and look better. And if it helped me take some weight off I think my knees wouldn’t hurt as much. Not to mention I could keep up with my grandkids!

- There is absolutely nothing more fun than spending time with my grandkids. They really light up my life and balance out all the bad stuff! And when I think that I could lose my mobility because I don’t keep moving, that scares me!

- A total of five instances of Change Talk but not much depth, probably about a 3 in CSE.

- One Change Talk theme with lots of underlying meaning to support it. This is probably about a 4 in terms of CSE.
Surface level meaning
Deeper meaning
Discovery, creation of underlying meaning; shift in self-perception
Clinician MICO skills; MI Spirit

Client Self-Exploration

Outcomes

Change Talk/Sustain Talk
Nurse skills that impact CSE in telephonic health coaching

Higher CSE

- Total MI Global ratings
- Percent Complex Reflections
- Number of support statements
An interesting finding about MI Globals and complex reflections

Increases Client Self-Exploration

Decreases Client Sustain Talk (Gaume, 2015)
More ST predicts worse drinking outcomes

High CSE predicts better drinking outcomes

Apocaca, 2014
Is CSE a mediator?

- CSE mediated the relationship between MICO (MI consistent behaviors) and alcohol related problems (Eaton, 2014)
- CSE mediated the relationship between MI Spirit and improved drinking outcomes at follow-up (Borsari, et. al., 2014)
Call to researchers

- Let’s find out more about the role of CSE in Motivational Interviewing
- MISC researchers may already have CSE data that hasn’t been explored
- Offering collaboration!
Thanks for your attention!
References


References

