Insight:
Shifting the Focus to Motivate Change

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Anosognosia, also referred to as ‘lack of insight’, is “an inability or refusal to recognize illness.”
What is Insight?

• Complex and multidimensional concept

• Challenges with insight are common in individuals with psychosis

• Varies throughout the course of recovery
  – Can have insight in some ways and lack insight in others

  – E.g. Individual has insight to recognize that the shadow figures (visual hallucinations) s/he sees are not real, and that taking medication everyday helps them to be less severe. However, s/he believes with full conviction that friends are out to get him/her and refuses to believe anyone that says it is not true.

• Is **insight** necessary for recovery?
Let’s Discuss

- What might be the reasons why individuals wouldn’t want to:
  – Discuss a diagnosis?
  – Discuss treatment?

- What might they think about themselves (and how others see them)?

- What would it mean to have that diagnosis/need treated?
Common Beliefs Associated with “Anosognosia”

<table>
<thead>
<tr>
<th>Beliefs about Self</th>
<th>Beliefs about Others</th>
<th>Beliefs about the Future</th>
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<tbody>
<tr>
<td>I’m alone.</td>
<td>Nobody understands.</td>
<td>I won’t be able to accomplish anything.</td>
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<tr>
<td>I am broken.</td>
<td>People will control you.</td>
<td>My life won’t be meaningful.</td>
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<tr>
<td>I have no control.</td>
<td>No one will want to spend time with me.</td>
<td>It's a life sentence, so the future becomes hopeless.</td>
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<tr>
<td>I am flawed.</td>
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“I want a job, a house, and a social life”
“I want a job, a house, and a social life” (con.)
Stages of Change

- Precontemplation (unaware of the problem)
- Contemplation (aware of the problem and of the desired behavior change)
- Preparation (intends to take action)
- Action (practices the desired behavior)
- Maintenance (works to sustain the behavior change)

*Exit & Re-entry can occur at any stage*
Discussing Challenges in the Context of Aspirations

• Identify a future aspiration

• Collaborate on things that help the individual get closer to the thing they identified wanting in his/her life

• Collaborate on things that keep the individual further away from achieving this
Let’s Discuss an Example

• Context: Your family member is spending a lot of time in their room and not interacting with peers.

• Approaching a challenge:
  – “You have said that your friends are really important to you and you want to focus on spending more time with them. Have you noticed that anything makes it harder to do that?”

• When they identify things that make it difficult, you can collaborate on solutions together by identifying successes
  – “Are there times it has been easier? What helped?”
  – “Let’s imagine this happened to somebody else, and you are giving them advice, what would you tell them to do?”
Empowerment

• Focus on interests, aspirations, and action

• Collaboration
  – Produces success
  – Counters isolation
  – Provides context for challenges
Empowerment

• What are the strengths of your family member?

• In what ways do you feel your family member has insight?
In Conclusion

• Insight is not always necessary for recovery
• Focus on mutual interests or activities before bridging the conversation about challenges
• Develop the why (i.e. aspiration)
• Focus on empowering your family member in regards to challenges
  – Times they have overcome challenges
• Remember the small successes...