**Welcome!**

**MOTIVATIONAL INTERVIEWING WITH ADOLESCENTS**

**CONTACT**

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- Healthy lives,  
- Safe communities

**TAKE-AWAY MESSAGE**

- People change  
  - We have proof  
- Punishment alone does not reduce recidivism  
  - We have proof  
- When all else fails, get back to the basics  
  - Effective treatment gets young people to change the way they think and gets families to support those changes  
  - We will never change the way they think; they have to

**TAKE-HOME MESSAGE**

- Change Talk  
- Acceptance  
- Less Is More  
- Righting Reflex  
- Michelangelo Belief  
- Autonomy and Choice

**2013 PRACTITIONER’S DEFINITION**

- Motivational interviewing is a person-centered counseling style for addressing the common problem of ambivalence about change.

**2013 TECHNICAL DEFINITION**

- Motivational interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.
THE SPIRIT OF MOTIVATIONAL INTERVIEWING

- Partnership
- Acceptance
- Compassion
- Evocation

FOUR PROCESSES

- Engaging
- Focusing
- Evoking
- Planning

THESE PROCESSES ARE...

- Somewhat linear
  - E.g., engagement comes first
- And also recursive
  - Engaging happens throughout MI
  - Focusing is not a one-time event;
  - Real treatment involves re-focusing
  - “testing the water” on planning helps

TALK

Sustain  Change  Commit

There is no such thing as “resistance”

There is discord and sustain talk
  “I’m not gonna; you can’t make me”

CHANGE TALK

- Desire “I want to…”
- Ability “I can…”
- Reason “There are good reasons to…”
- Need “I need to”

RESPONDING TO CHANGE TALK

- When you hear change talk, don’t just stand there!
- Elaborate (tell me more)
- Affirm
- Reflect
- Summarize
CHANGE TALK JEOPARDY
- One person makes a change talk statement
- What is an open question that might have resulted in that change talk?

GETTING MOVING: OARS
- Open questions
- Affirmations
- Reflections
- Summaries

REFLECTIVE LISTENING
- Simple Reflection
  - Exact words
  - Closely related words
- Complex Reflection
  - Continuing the paragraph
  - Reflecting emotion