



MOTIVATIONAL INTERVIEWING
WITH ADOLESCENTS

2015
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Welcome!

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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