



# Motivational Interviewing

## An Introduction

### **Promoting Behavioral Change in Youth**

(adapted from materials by the Pennsylvania Juvenile Justice System and the National Heart Foundation of Australia; see other resources)

Restoring Youth Coalition of North Carolina - 2024

# Motivational Interviewing - Objectives

1. Learn techniques to promote behavioral change in youth
2. Address youth resistance to change
3. Assist youth in reaching their personal goals

But first, a video: It's not about the nail  
<https://www.youtube.com/watch?v=-4EDhdAHrOg>

# What is Motivational Interviewing?

Collaborative approach - Engages youth (and family) for change.

Method to guide change without force

Meets the individual where they are - it sees the youth as the expert on self.

# **What Motivational Interviewing is NOT**

**Not Judgmental**

**Not Confrontational**

**Not Persuasive**

**Not Lecturing & Shaming**

# Definition: Motivational Interviewing

## **MI is**

- **a collaborative,**
- **goal-oriented**
- **style of communication**
- **with particular attention to the language of change.**
- **It is designed to strengthen personal motivation**
- **for a commitment to specific goals**
- **by eliciting and exploring the youth's own reasons for change,**
- **within an atmosphere of acceptance and compassion.**

# **Motivational Interviewing Successes**

**Youth are more likely to follow up with appointments**

**Noted decreases in destructive behaviors**

**Positive connections with adults using MI techniques**

**Behavioral changes are self-motivated and self-sustained**



# How is MI Restorative in Nature?

- “**with**” a person, not “**to**” and “**for**”
- youth are the best “experts” on themselves
- not designed to trick or manipulate youth
- starts from where the youth is now, in terms of readiness to change
- you can't change someone who doesn't want to change.

# **Change Talk**

**How people talk about the idea of change.**

**When the youth mentions change, the listener's skill is to land on it.**

**Soliciting change talk**

**Where is the youth in the Stages of Change?**



<https://www.youtube.com/watch?v=qR3rK0kZFkg>



# Affirmations – their purpose



- Listening for something positive
- Telling them what positive thing you learned about them.
- Hearing something positive is rare and can even be uncomfortable

# Affirmations Support Change Talk

- **Example:** Youth recently completed Community Service hours & received a report from the supervisor in charge indicating that he worked diligently & was cooperative.
- **Typical response:** “Good job finishing your Community Service.”
- **Affirmative response:** “You really paid attention to the details of your community service and were easy to work with.”
- **Follow-up with:**(open-ended question) “Tell me about someone in your life whose work ethic you admire?”

# Reflections

- Situationally or behaviorally specific
  - ***Last Saturday when you walked away from the argument with your parent, that was you working on your behavior and how to work with conflict.***
- “Yes, that’s exactly what I said or what I feel.”
  - ***It sounds like \_\_\_ is a part of how you see yourself.*** (choosing a positive)
  - ***Those are some pretty powerful reasons that you’ve come up with, to make these changes.***



# Quick & Dirty Recap of what to listen for:

## **DARN-C**

**D**esire – “I wish,” “I want,” “I’d like.”

**A**bility – “I did”, “I can,” “I know how.”

**R**easons – “I’m worried,” “It would be better.”

**N**eed – “I must,” “I should,” “I have to.”

**C**ommitment – “I’m going to,” “I’m determined.”

# SELF-EVALUATION OF THE SPIRIT OF MI

## Partnership

We are  
working  
against each  
other

We are in the  
room, but not  
much is  
happening

We are  
working in  
partnership

From *Building Motivational Interviewing Skills: A Practitioner Workbook*, D. B. Rosengren, 2009, New York, NY: Guilford Press. Copyright 2009 by Guilford Press.



# SELF-EVALUATION OF THE SPIRIT OF MI

## Autonomy

**I struggle with the client's choices and/or press the client to change**

**I seem indifferent to the client's wishes or choices**

**I recognize and honor the client's choices, including no change**

From *Building Motivational Interviewing Skills: A Practitioner Workbook*, D. B. Rosengren, 2009, New York, NY: Guilford Press. Copyright 2009 by Guilford Press.

# SELF-EVALUATION OF THE SPIRIT OF MI

## Compassion

I struggle to see beyond the client's behavior

I can't work with a client that isn't compliant

I give priority to the client's needs and welfare

From *Building Motivational Interviewing Skills: A Practitioner Workbook*, D. B. Rosengren, 2009, New York, NY: Guilford Press. Copyright 2009 by Guilford Press.

# SELF-EVALUATION OF THE SPIRIT OF MI

## Evocation

I am presenting the reasons for change

I just let the session go wherever it will go

I am drawing out the client's views on change

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