

# Adolescents and Motivational Interviewing

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# Objectives

Upon completion of this session, the participant will be able to:

1. Identify the Spirit of MI and its application with adolescents.
2. Describe the update from evocation to empowerment.
3. Identify traps to avoid when interacting with adolescents.



# William Shakespeare

“I would there no age between  
ten and three-and-twenty, or that  
youth would sleep out the rest; for  
there is nothing in the between  
but getting wenches with child,  
wronging the anchientry, stealing,  
fighting.”

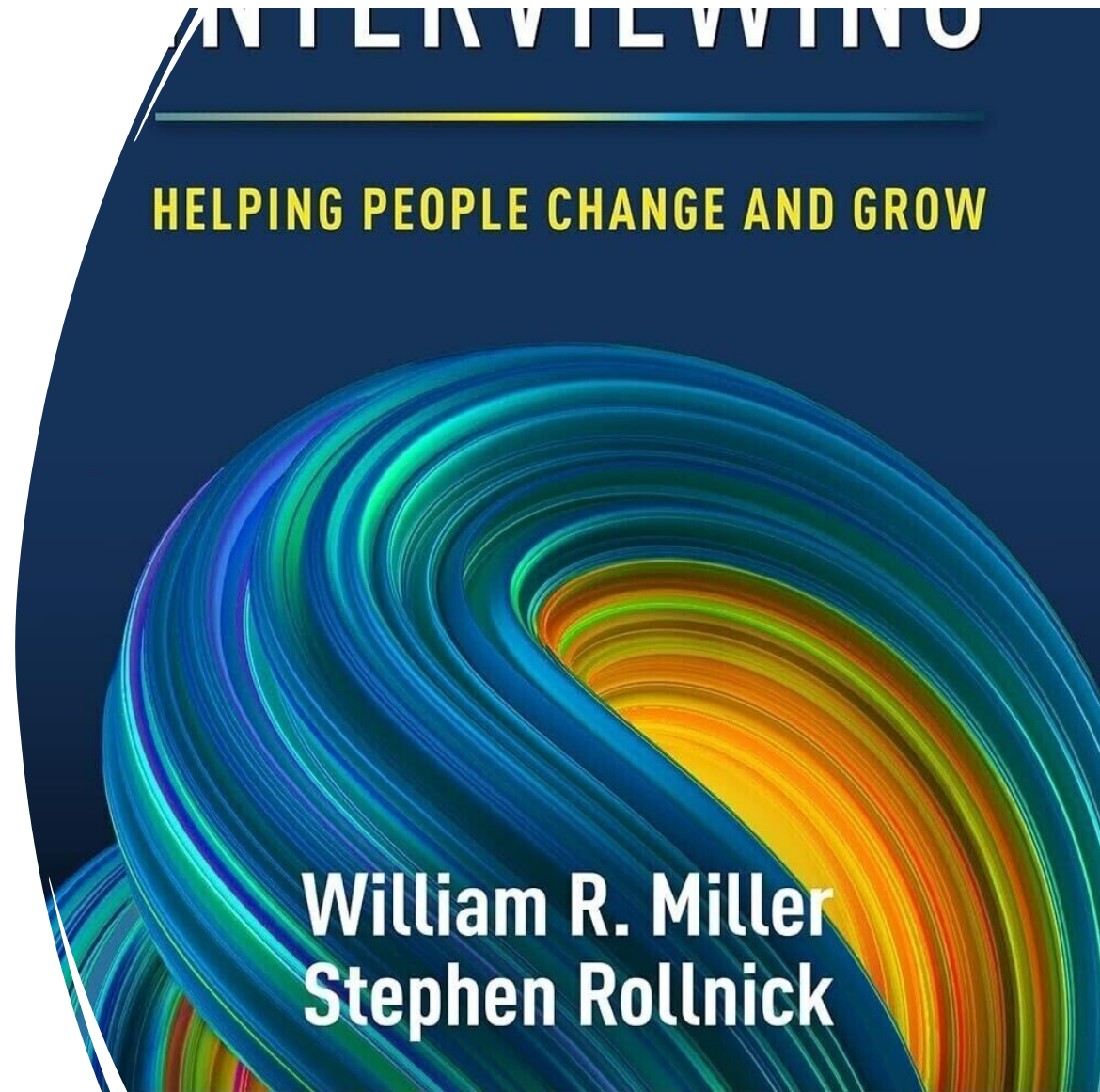
The Winter's Tale Act 3, Scene 3



# Review and update

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- Motivational Interviewing:  
Drs. Miller and Rollnick,  
4<sup>th</sup> Ed, 2024
- Motivational Interviewing  
(MI) definition



# Motivational Interviewing: Quick Review

## Spirit of MI<sup>1</sup>



Partnership



Acceptance



Compassion



## **Empowerment**

Previously evocation -  
Drawing out  
not instilling

# Spirit update<sup>1</sup>

- Empowerment
  - Includes evocation
  - “... is to help others realize and utilize their own strengths and abilities” and “...helping them appreciate and use what they already have.” (Miller & Rollnick, 2024 p, 9)
  - **Openly** affirm *autonomy support*
    - Using “you”



# Spirit of MI

Letting go of power WE NEVER HAD<sup>1</sup>



# Skills of MI

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OPEN-ENDED  
QUESTIONS



AFFIRMATIONS

- Simple
- Complex



REFLECTIONS



SUMMARIES



## MI-Skill-: Affirmations

### Simple

Statement recognizing a specific action, statement, effort, or intention.

#### Examples:

- What a kind thing to do!
- You said that well.
- You saw the warning signs and took action.

### Complex

Enduring *strength* or admirable *attribute*

#### Examples:

- What you did took real courage.
- You're someone people can rely on.

# Skills of MI

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OPEN-ENDED  
QUESTIONS



AFFIRMATIONS

- Simple
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REFLECTIONS



SUMMARIES

# Tasks of MI (Previously MI Processes)

Engaging – “Can we walk together?”

Focusing – “Where are we going?”

Evoking - “Why would we go there”

Planning – “How will we get there?”

# Another 2023 Update

- Righting reflex ~ now fixing reflex
- More resources at <https://www.guilford.com/miller2-materials>
  - May need to purchase the 4<sup>th</sup> edition of the book

# Erickson's Stages of Psychosocial Development<sup>2</sup>

Approximate Age	Psychosocial Crisis/Task	Virtue Developed	
Infancy 0 – 1 years	Trust vs Mistrust	Hope	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met
Childhood 1 – 3 years	Autonomy vs Shame/Doubt	Will	Develop a sense of independence in many task
Play age 3 - 6 years	Initiative vs Guilt	Purpose	Take initiative on some activities – may develop guilt when unsuccessful or boundaries overstepped
School age 7 - 11 years	Industry vs Inferiority	Competency	Develop self-confidence in abilities when competent or sense of inferiority when not
Adolescence 12 – 18 years	Identity vs Confusion	Fidelity	Experiment with and develop identity and roles
Early adulthood 21-39 years	Intimacy vs Isolation	Love	Establish intimacy and relationships with others
Middle age 40 – 65 years	Generativity vs Stagnation	Care	Contribute to society and be part of a family
Old age 65 and older	Integrity vs Despair	Wisdom	Asses and male sense of life and meaning of contributions

# Erickson's Stages of Psychosocial Development<sup>2</sup>

7 - 11 years			sense of inferiority when not
Adolescence 12 - 18 years	Identity vs Confusion	Fidelity	Experiment with and develop identity and roles
Early adulthood	Intimacy vs Isolation	Love	Establish intimacy and relationships with others

# Erickson's Stages of Psychosocial Development<sup>2</sup>

- End of school age stage and moving to adolescence (11-12 years old)
  - Encouragement/reinforcement to gain confidence/skills
  - Affects on conversation about ambivalence





## Erickson's Stages of Psychosocial Development<sup>2</sup>

- Adolescence (12-18 years old)
  - Negate evidence
  - Pre-contemplation phase statements
  - Affirmations
  - Belonging
  - Self-esteem





# Erickson's Stages of Psychosocial Development

- Adolescence (12-18 years old)
  - Identity
  - Peers
  - Diversity

## Erickson's Stages of Psychosocial Development<sup>2</sup>

- Adolescence (12-18 years old)
  - Must be able to explore
  - Desire to fit in
  - Social relationships
  - Identities






## Avoid Traps/ Roadblocks<sup>2</sup>

- Take away autonomy
- Emphasize Inadequacies
- Make person feel better or deny the problem
- Distract

Based on Gordon's Roadblocks



# Case Study

John is a 17 y.o male. He does very well in school and there are no behavior problems when he is there. However, at home he smokes, swears at his parents and drinks heavily.

Because they think he is an “alcoholic”, they brought him in to be seen for his “alcoholism.”

# Question 1


His parents leave the room and John says, "Sure, now you can tell me I am an alcoholic too." What is your best response?

- a. How do you feel when someone calls you that?
- b. John, I am really not interested in using labels. How do you feel about your drinking?"
- c. Well, it is getting you in trouble.
- d. From what I know, I would agree that you are an alcoholic.

## Question 2

The provider says, “Obviously you can control your behavior. After all, you do well in school. I think you should just do the same thing at home.”

Which roadblock is this?

- a. Distracting
  - b. Emphasizing inadequacies
  - c. Taking away autonomy
  - d. Trying to make him feel better
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## Question 3

Which one of the following would be the best question to ask?

- a. What do know about the consequences of drinking?
- b. Why would others worry about your drinking?



## Question 4

John asks the provider, “Do you think I should quit drinking?” What is the best response

- a. What is most important is what you think?
- b. You already know what I think.
- c. Why do you ask that?
- d. What's most important is that your parents want you to quit.



# References

1. Miller, W. & Rollnick, S. (2023). *Motivational Interviewing: Helping people change and grow (4th Edition)*. Guilford Press, New York.
2. Naar, S., & Suarez, M. (2021). *Motivational interviewing with adolescents and young adults (2nd ed.)*. Guilford Press, New York.
3. Simple Psychology (2024). Mclead, S. *Child Psychology- Erikson's stages of psychosocial development*. Retrieved 3/8/2024 from <https://www.simplypsychology.org/erik-erikson.html>