

FR-MID-02

Motivational Interviewing and the Language of Change with Adolescents

David S. Prescott, LICSW
Safer Society Press

This 90-minute workshop focuses on key skills and concepts in motivational interviewing with adults and adolescents. Importantly, it also covers recent changes made to MI as a model of change during the past three years. MI is a client-centered counseling method for exploring how and why a person might change, and is based upon a guiding style. Its principles and techniques match those known to produce positive outcomes with sexual abusers (e.g., Marshall, 2005). MI can be very useful for motivating adolescents who are ambivalent about change and ambivalent about engaging in treatment.

Areas covered include:

- Demonstration of skills
- Specific application with adolescents
- Educational videos
- Practice of skills in an enjoyable setting (i.e. real-play instead of role-play)

This workshop is rated: Youth | Intermediate | Clinical

Learning Goals

- Upon completion of this educational activity, learners should be better able to understand the four components that make up the “MI Spirit”.
- Upon completion of this educational activity, learners should be better able to understand the four motivational interviewing micro-skills.
- Upon completion of this educational activity, learners should be better able to understand the four processes that make up MI.

David S. Prescott, LICSW A mental health practitioner of 36 years, David Prescott is the Editor of Safer Society Press. He is the author and editor of 20 books in the areas of understanding and improving services to at-risk clients. He is best known for his work in the areas of understanding, assessing, and treating sexual violence and trauma. Mr. Prescott is the recipient of the 2014 Distinguished Contribution award from the Association for the Treatment of Sexual Abusers and the 2018 recipient of the National Adolescent Perpetration Network’s C. Henry Kempe Lifetime Achievement award. Mr. Prescott currently trains and lectures around the world.

BLENDING VOICES. STRENGTHENING LIVES.

2020 ATSA Conference | Friday October 23 | 12:45 PM – 2:15 PM

References

- Marshall, W.L. (2005). Therapist style in sexual offender treatment: Influence on indices of change. *Sexual Abuse: A Journal of Research & Treatment, 17*(2), 109-116.
- Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Heling people change* (3d ed.). New York: Guilford Press.
- Prescott, D.S. (2006). *Building motivation to change in sexual offenders*. Brandon, VT: Safer Society Press.