Supporting Positive Change
Motivational Interviewing
In Schools

Your Trainer:

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What If....
No!
I'm not ready.
You can't make me.

Time for a Poll

Ambivalence
Feeling two ways about a change.
With no clear direction, people are stuck!
"MI hypothesizes that clients monitor their speech for clues about their attitudes and emerging intent to change..."

"If they find themselves arguing for change they are more likely to talk themselves into making a specific, adaptive behavior change..."

(Moore et al, 2007)

**What is MI?**

“Motivational Interviewing is a person-centered counseling style for addressing the common problem of ambivalence.”

-Miller & Rollnick
Another Poll

Change Talk Influences Change

The Flow of Change Talk

Motivational Interviewing

Preparing Language

Desire

Willing

Commitment

Predicts Change

Ability

Able

Activation

Reasons

Ready

Taking Steps

Need

Change Talk

Likelihood for Change

CHANGE!
What is MI?

✓ Spirit
✓ Skills
✓ Strategies

Spirit of MI

Partnership
Acceptance
Compassion
Evocation
Feeling Poll

Desire to set things right, to heal, to prevent harm, or fix.

"Righting Reflex"

Skills of MI

Open-ended Questions
Affirmations
Reflections
Summaries
* Advice with Permission
“Why aren’t you using your inhaler?”

“How does using your inhaler help you?”

“I know you can succeed when you do your personal best.”

“You worked hard in the past and are wondering if you can do it again.”

“Don’t worry, you are a hard working student.”

“You feel stressed and are looking for ways to feel prepared.”
Grade the last video.

MI in Schools
- Physical Health
- Substance Use
- Academics
- Behavior

Individuals
- Groups

Across Ages
- Cross-Cultural
Motivational
Interviewing isn’t just about changing today; It is an invitation to change tomorrow.
Motivational Interviewing Resources

2. Motivational Interviewing In The Treatment Of Psychological Problems, Hal Arkowitz Et Al, Guilford Press
3. Building Motivational Interviewing Skills, David Rosengren, Guilford Press
4. Motivational Interviewing In Health Care: Helping Patients Change Behavior, Stephen Rollnick, William Miller And Christopher Butler, Guilford Press
5. Motivational Interviewing With Adolescents And Young Adults, Sylvie Naar-king And Mariann Suarez, Guilford Press
6. Motivational Interviewing In Social Work Practice, Melinda Hohman, Guilford Press
7. MINT Website: WWW.Motivationalinterviewing.org

Thank You!
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