

# Motivating Adolescents

## *Summary and References Page*

### Four Principles

Use **principles** of  
Motivational  
Interviewing and **basic**  
**counseling** skills

1. Express empathy
2. Develop discrepancy
3. Roll with resistance
4. Support self-efficacy

### Four Processes

1. Engaging: The Relational Foundation
2. Focusing: On behavior/topic that is important to youth
3. Evoking: Change-Talk
4. Planning

**Roll with  
resistance rather  
than clash** with it  
(aligns well with previous  
skill of working with  
resistance)

## OARS

- O. Open-ended questions (i.e., not questions that can be answered with one word)
- A. Affirmations (strength-based statements)
- R. Reflective Listening (targeted reflections based on youth's goals and intention)
- S. Summaries (summarizing content)

## References

Miller, W. R., & Rollnick, S. (Eds.). (2013). *Motivational interviewing: Helping people change* (3<sup>rd</sup> Ed.). New York, NY: Guilford.