

Week 4

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)

OARS are basic counseling skills that should be employed when talking with youth and while engaging in other relationship-building activities

Other Self-Awareness and Motivation Promoting Activities

- *Mindful Check-In*
- *Future Visualization*
- *Core Values Activity*

References

(Learn more about motivational interviewing)

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