

# Working with “challenging” Young People... using Motivational Interviewing



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## Biography

Stephen R. Andrew, LCSW, LADC, CCS, CGP, Consultant, Trainer, Author and Chief Energizing Officer of Health Education Training Institute. Stephen is the former substance abuse counselor for a public school system, the former Executive Director of an adolescent prevention/ treatment agency. He is the co-founder of the Men's Resource Center of Southern Maine – the mission is to support boys, men and fathers and oppose violence. Stephen maintains a compassion-focused private practice in Portland, Maine and facilitates a variety of groups; men, co-ed, couple and caregivers. He is a co-authored of a book; "Men's Healing: a Tool-box of Life". He is a member of M.I.N.T. (Motivational Interviewing Network of Trainers). Stephen lives with his sweet wife, Hilary, and is a proud father of an eleven year old boy, Sebastian in Portland Maine and Debenham England.

# Guidelines for the Training

Ask lots of questions..

Be critical of everything I say...

Be mindful of each other. Be kind ...

You are not at work, enjoy yourself...

Attitudes:

“What the Heck !!” Jump into the experience..

Make Mistakes, “OOPS!”

Confidentiality, make the training your experience

Please resist the “fixing” impulse...

# Tasks of Adolescent Development

- Accepting one's physique and sexual role
- Developing the ability to establish new relationships
- Attaining emotional independence from parents
- Developing skills and concepts of civic confidence
- Acquiring socially responsibility behavior patterns
- Preparing for marriage, partnership and family life

# What Youth Need the Most

More time and involvement from adults

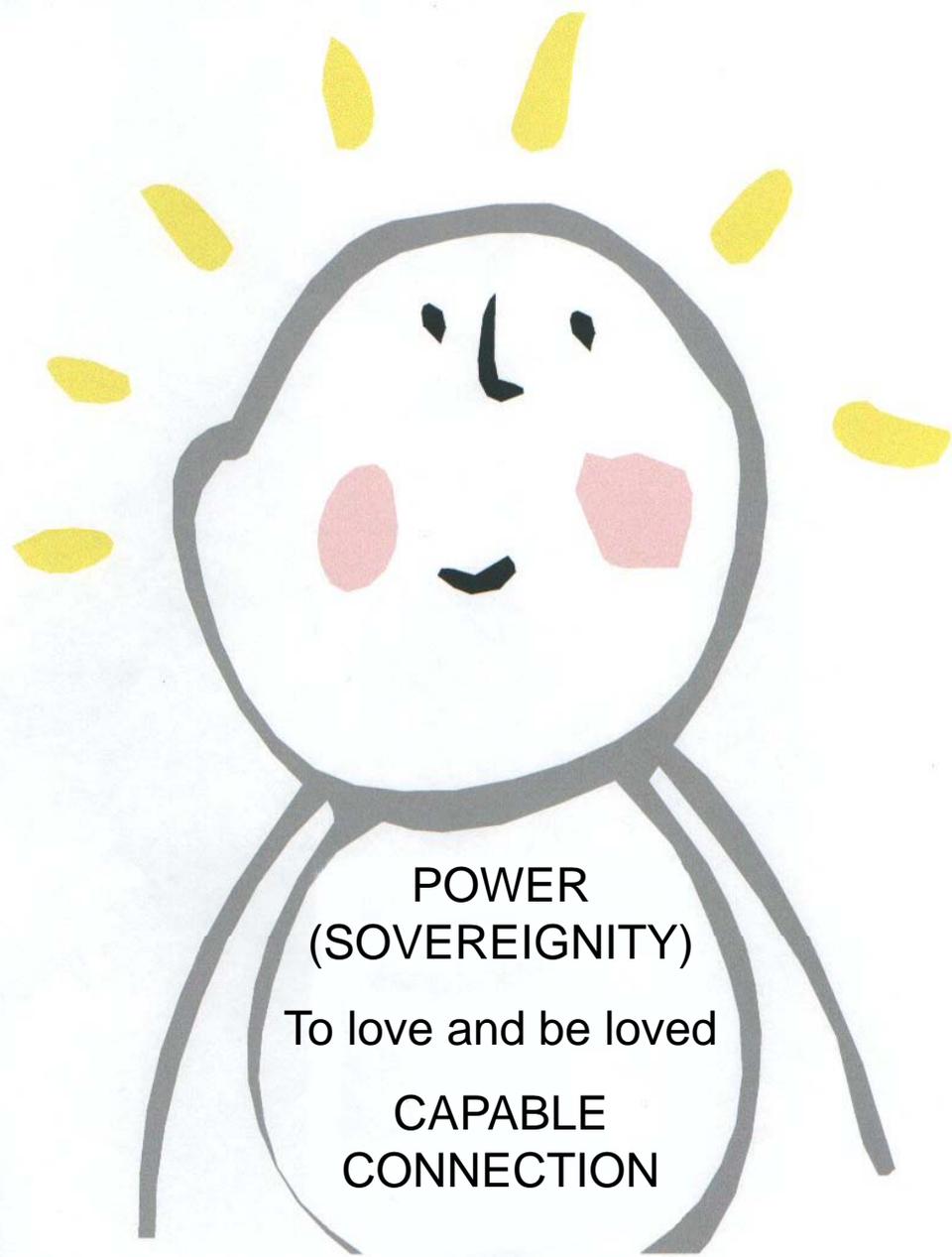
More constructive opportunities to experiment, to fail

Compassionate, emotional available, stable adult youth leaders

Opportunities for moral development (Community Service Learning)

Help to find the meaning of life, talk about spirituality

Understanding of youth oppression from adults



POWER  
(SOVEREIGNITY)

To love and be loved

CAPABLE  
CONNECTION

# Continuing Roadblocks to Healthy Development

## Biological

genetic  
brain chemistry  
temperament

## Trauma

events  
situations

## Learned Patterns

Developmental

## Oppression

gender  
race, culture socioeconomic  
status physical constitution  
sexual orientation  
intelligence  
religion  
mental health

# What does motivate people?

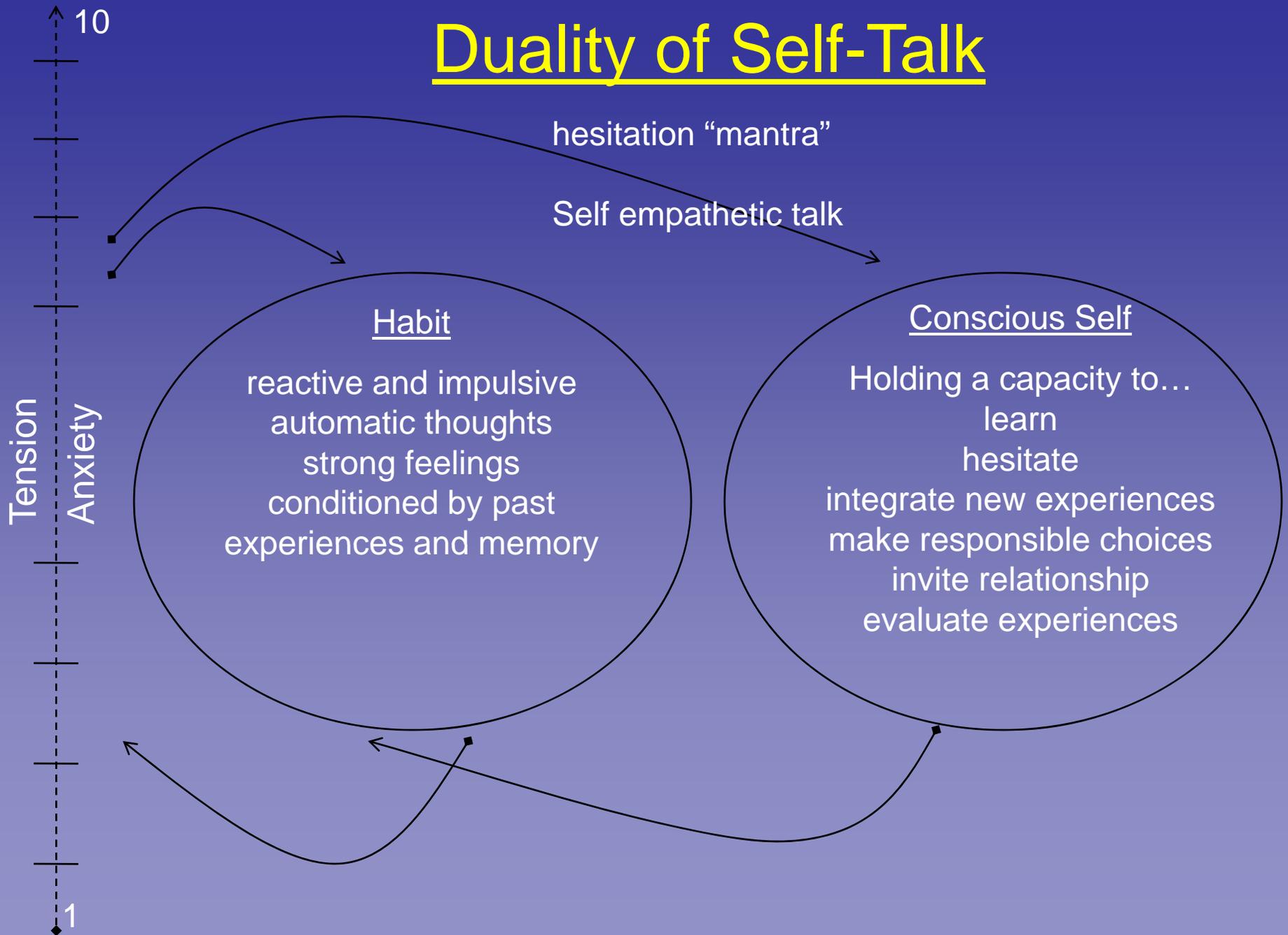
Change agent (e.g., supervisor, teacher, coach, counselor, clergy person) who had a **major positive influence** on your life.

What were their characteristics?

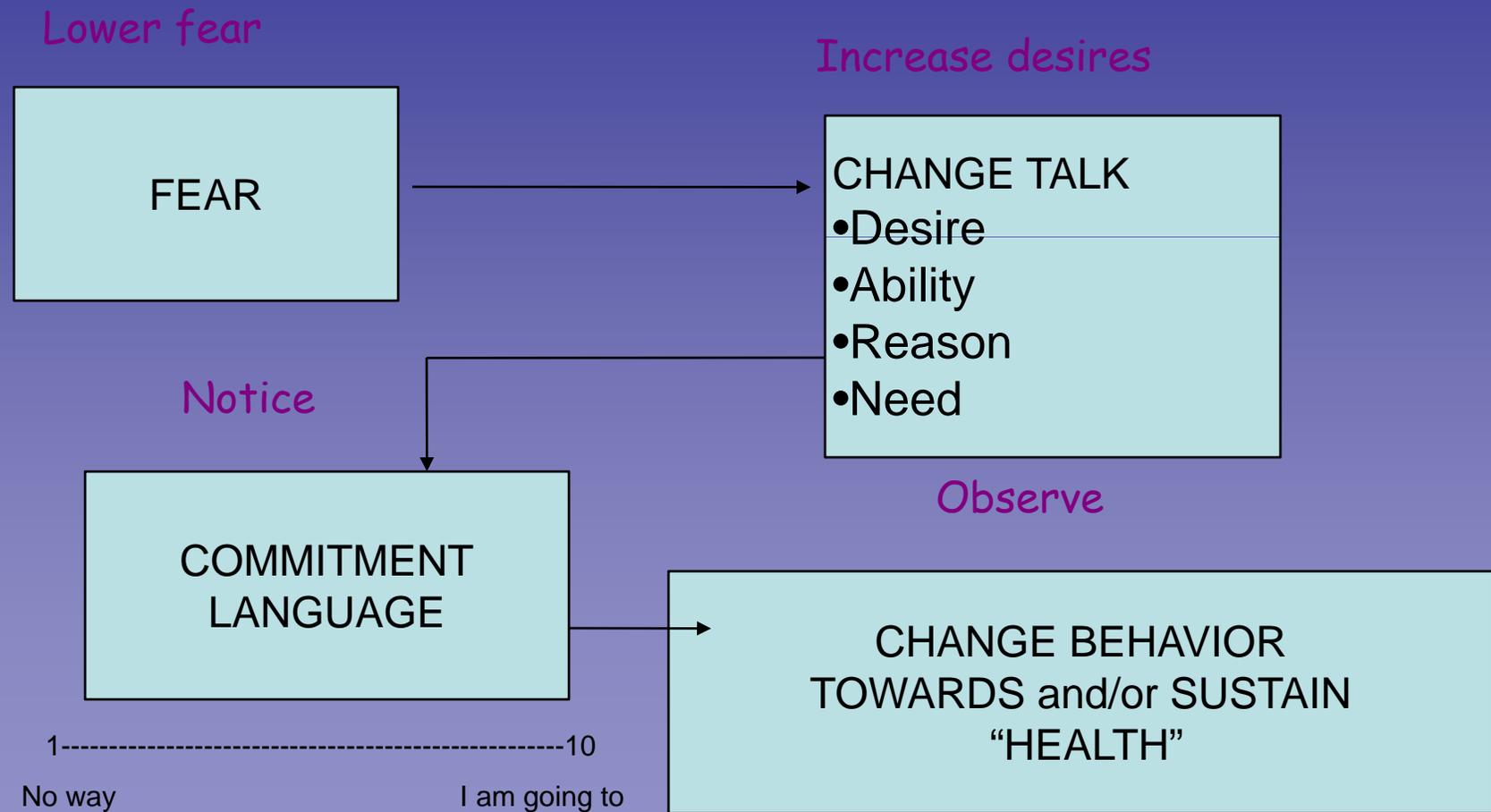
- List behaviors

When a young person is connected to family, peers, and a community that lives by a set of healthy standards, the young person will not break the connection or threaten the relationship by behaving in ways those the young people respect find unacceptable.

# Duality of Self-Talk



# • Motivational Interviewing Process



# PRACTICE WITH YOUNG PEOPLE

Adapted from work by William R. Miller and Stephen Rollnick

**Here are some statements that a young person might make to you during a session. The next thing you would say to the client. It doesn't need to be long----just a sentence or two illustrating what you would say next.**

# Principles of Effective Work With Young People

Abandon the expert practice...

Engage in a genuine dialogue with the young people; be present, interested, and curious and truly learn from them...

Remember: To hold on to the position of being "RIGHT" is to let go of the relationship...

Empowerment requires work on all levels: personal, interpersonal, family and community...

# Principles

Be aware of our beliefs about young people. Confront the statements that reinforce limiting beliefs about oppression, young people. Being silent condones the oppression...

Bring to our work a continuing commitment to understanding relationship, understand connection...

Find out why people did not stay in the relationship with us rather than "blame the young person..."

# Principles

Be more creative in our process of engagement with the young person, and/or his/her community. Think outside the box.

Remind young people they have full esteem and know that young people are not damaged, only in their hurt.

Help young people see the “gifts” in their behavior: their feelings, defenses, contributions, thinking, uniqueness.

Allow yourself to be in the moment completely, be in the question. Pay attention, be an active learner in the art of listening. Hold the person in his or her own strengths and their ambivalence.

# Principles

Power and connection are the fundamental PRIMARY motivation...

Remind young people they have full esteem, live with integrity, face fears, develop skills needed to be present in interpersonal relationships, and know that young people are not damaged, only in their hurt.

Help young people see the “gifts” in their behavior: their feelings, defenses, contributions, thinking, uniqueness.

Connection theory holds the idea that environmental interventions of secure connection will produce an alteration in the neurobiological structure.

**One thing I liked  
was.....**

**One thing I learned...**



**The thing I am going  
to try is.....**

# Thank You!!



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