Search Institute
TRAINING AND SPEAKING

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MOTIVATIONAL STRATEGIES

WITH CHALLENGING YOUTH

AN ASSET-BASED PRACTICE SERIES TO INCREASE OUTCOMES

Part 1: Human Motivation, Assets and Positive Behavior Change

This workshop is designed for anyone who works with challenging youth and their families. As a result of this training, participants will:

- Understand and be able to describe key elements of Asset-based Practice, including the particular fit of the Developmental Asset® framework;
- Understand and utilize core components of Motivational Interviewing;
- Describe the Stages of Change Theory, with an understanding that change is a process, not an event;
- Explore five exercises to increase connection to youth;
- Understand and utilize three (3) key strategies to avoid argumentation and bypass resistance;
- Describe research on motivation, including the Change Conditions of desire, ability, reason, and need; and
- Explore use of these techniques in "micro-bursts" (how to motivate in 15 minute interactions).

Presenter: This workshop series is offered by Michael D. Clark, MSW, LMSW, a member of the International Motivational Interviewing Network of Trainers (MINT), specializing in direct practice work with challenging youth populations. Mr. Clark is author to over 30 book chapters, articles and monographs for motivational issues for work with challenging youth and their families.

Who Should Attend: People representing a variety of sectors within the community or teams from multiple communities—anyone from the helping profession or the educational community. Adult staff who work directly with challenging youth and their families or administrators who supervise staff in their direct practice.

Length: Two 7 1/2 hour days (includes lunch and breaks)

Group Size: 36 maximum

Price: $5,400.00 per session plus trainer travel expenses.

Materials: "Motivational Strategies for Challenging Youth" and an electronic copy of the monograph: "Strengths, Assets, and Motivational Interviewing for the Executive: Entering Your Staffing Group into the Business of Behavior Change."

For more information on bringing this training to your community, complete a *Training Questionnaire* at www.search-institute.org/training or call 800-294-4322