



PennState

**CLEARINGHOUSE**  
FOR MILITARY FAMILY READINESS



# Supporting the Behavior Change Process: Adding Motivational Interviewing and Values Clarification to your Facilitator Toolbox

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January 17, 2023

# Welcome

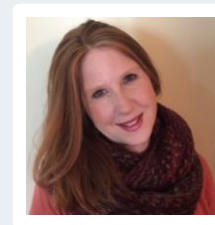


<https://thrive.psu.edu>

- Evidence-informed, universal and targeted parenting programs
- harness parents' and caregivers' potential for fostering holistic, positive youth development and resiliency in their children and adolescents



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# Clearinghouse for Military Family Readiness at Penn State University

<https://militaryfamilies.psu.edu>

The screenshot shows the website's header with the Penn State logo and navigation menu. The main content area features a hero image of a soldier and a child with a text box that reads: "Sound Science, Strong Families, Stronger Service. The Clearinghouse is an applied research center created to help professionals identify, implement, evaluate, and improve programs that strengthen military service members and their families." Below this is a grid of service categories: Applied Research, Program Selection, Program Evaluation, Program Implementation, Instructional Design, and Curriculum Development, each with a "Learn More" link. A footer section provides a brief description of the Clearinghouse and includes a "Live Chat" button.



Keith R. Aronson, Ph.D.  
Director



Daniel F. Perkins, Ph.D.  
Principal Scientist & Founder

# Today's Presenters



Ryan P. Chesnut, Ph.D.



Molly Burns, M.A.

# Learning Objectives

1. Use the Transtheoretical Model of Change to visualize the stages of change that parents and caregivers experience when modifying behaviors.
2. Define and describe Motivational Interviewing and Values Clarification.
3. Identify ways to use Motivational Interviewing and Values Clarification in the facilitation of parent education programs.

# Transtheoretical Model of Change

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# Thinking about Behavior Change

Change is \_\_\_\_\_.

# Stages of Change





# Transtheoretical Model of Change



**Pre-Contemplation**

# Transtheoretical Model of Change



**Contemplation**

# Transtheoretical Model of Change



**Preparation**

# Transtheoretical Model of Change



**Action**

# Transtheoretical Model of Change



**Maintenance**

# Some Key Assumptions

Change happens over time in stages

Stages are stable and fluid

Movement through the stages requires intervention

Intervention techniques need to be matched to individual stages

# Motivational Interviewing

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# Motivational Interviewing

## What is Motivational Interviewing?

- Collaborative
- Goal-directed



# Stages of Change



# Patterns of Talk:

Change Talk

Sustain Talk

# Change Talk:

"I know I can remain calm when my child is doing something I don't like."

"I really want to be a better parent for my child."

"What I'm currently doing isn't working, so I need to try something else."

"I know making some changes in how I respond to my child will make a big difference in the long run."

# Sustain Talk:

"I don't think any of the strategies we've discussed are going to work with my child."

"Everything is fine. I don't need a parenting program."

"I feel very overwhelmed right now, and I just don't think I have the energy to keep coming to this program."

"I don't see what the big deal is with yelling or spanking. My parents did that with me, and I turned out fine."

# Patterns of Talk

**Sustain Talk > Change Talk**



**Pre-Contemplation**

# Patterns of Talk

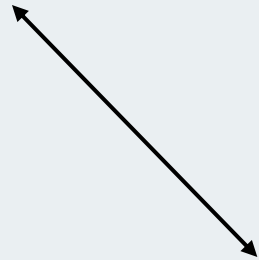
**Sustain Talk > Change Talk**



**Contemplation**

# Patterns of Talk

**Change Talk**



**Sustain Talk**



# Preparation

# Patterns of Talk

**Change Talk > Sustain Talk**



**Action**



# Patterns of Talk

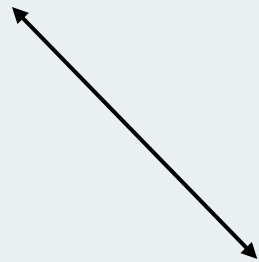
Change Talk > Sustain Talk



**Maintenance**

# Patterns of Talk

**Sustain Talk**



**Change Talk**



**Relapse**



# The Motivational Interviewing Processes



# Engaging:

Practice active listening

Understand parent's perspective

Affirm strengths and support  
autonomy

# Focusing:

Find shared purpose

Move into directional  
conversation about change

# Evoking:

Help parents find their  
"why" for change

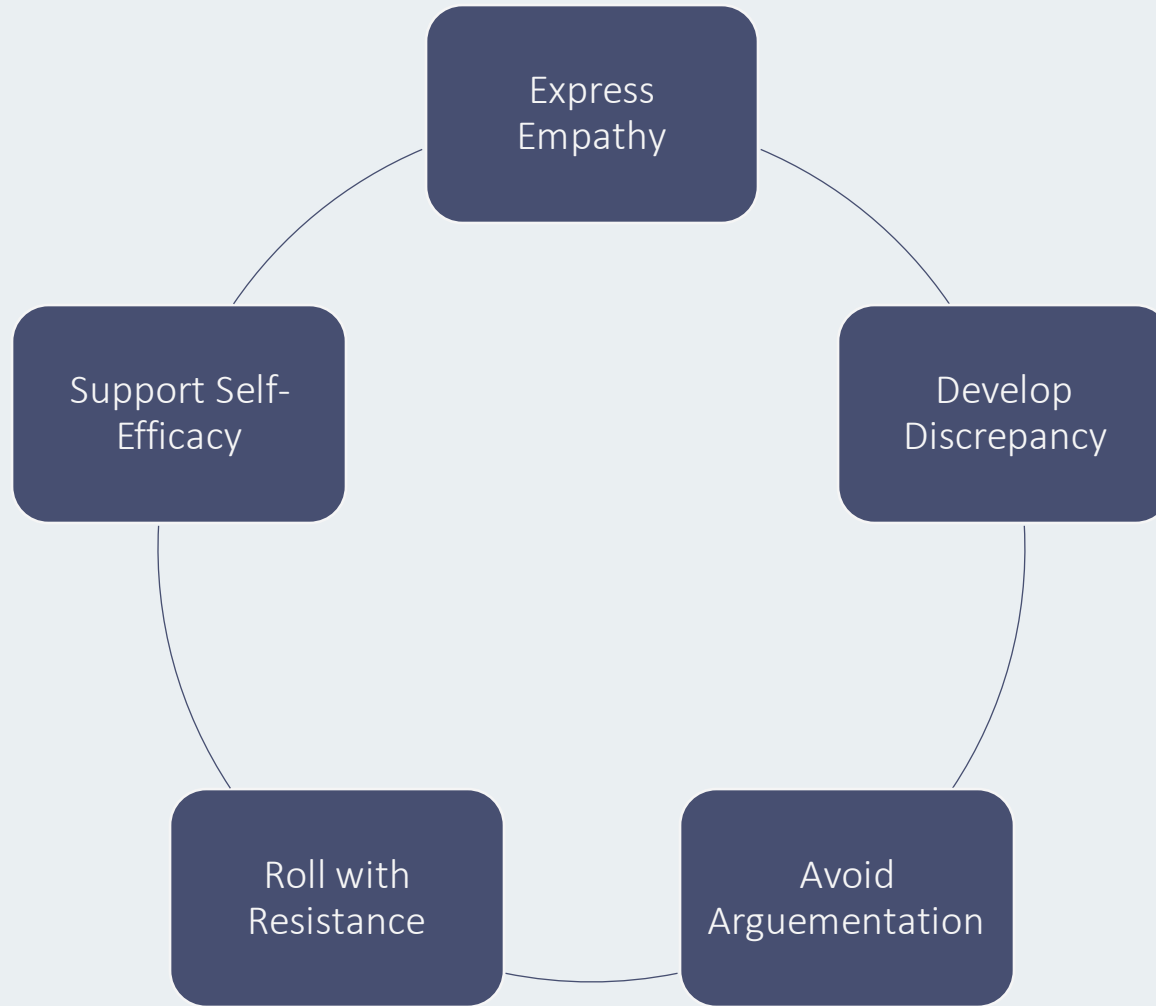
Resolve ambivalence

# Planning:

Help parents develop a plan

Consider timing and readiness

# Principles of Motivational Interviewing





# Express Empathy:

Build a strong working alliance

Communicate respect, acceptance, and compassion

Support and value parents to motivate change

Avoid "judging" parents or telling them what to do

# Develop Discrepancy:

Raise awareness of the mismatch between current and desired situations

Avoid confrontation

Encourage thinking about discrepancies

# Avoid Argumentation:

Remain calm if parents become defensive

Do not engage in arguments

Avoid trying to prove points or convince

## Roll with Resistance:

Do not forcefully deal with opposition

Encourage parents to consider new points of view

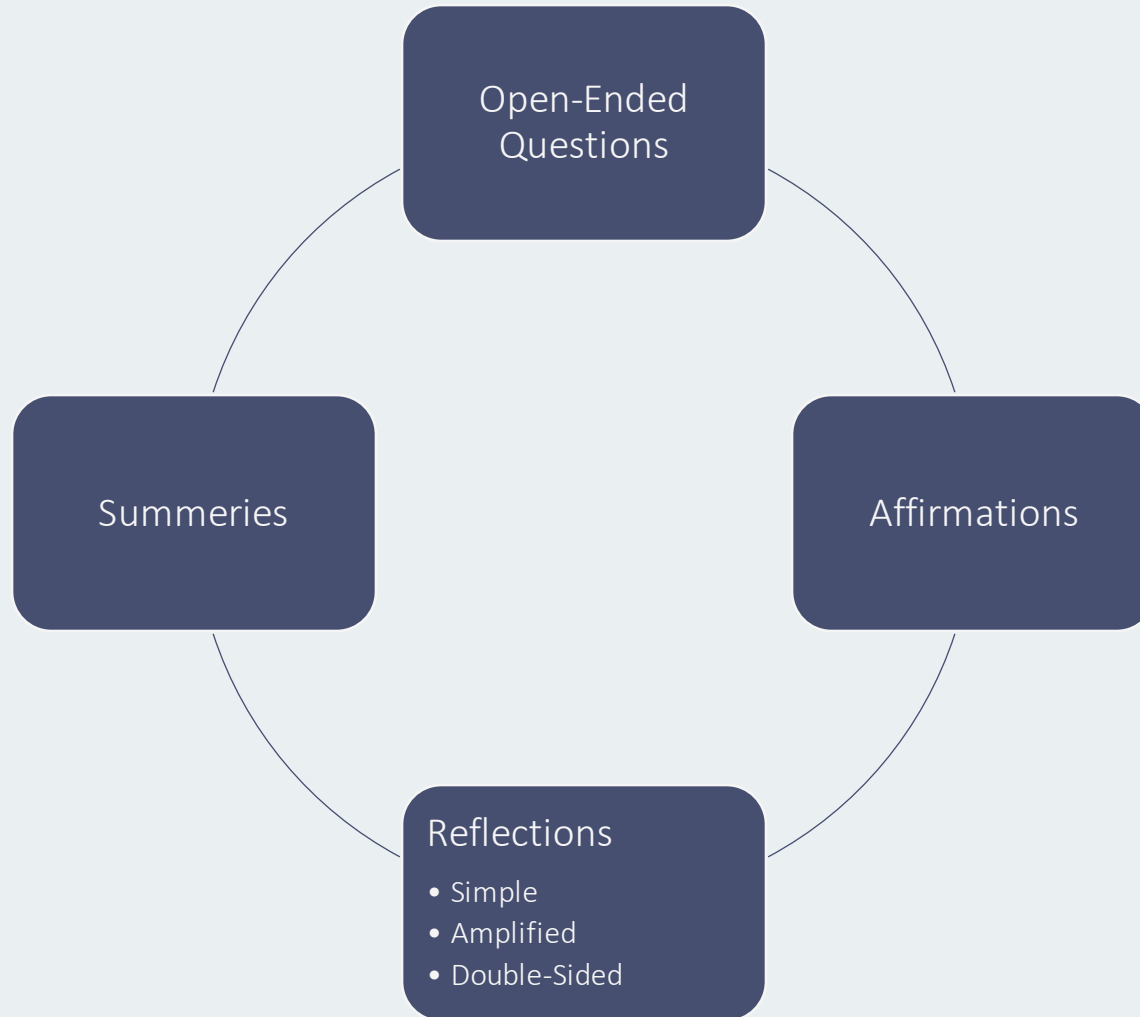
# Support Self-Efficacy:

Help parents believe they are capable

Foster parents' beliefs in themselves

Evoke solutions and remind parents of accomplishments

# OARS



# OARS Activity

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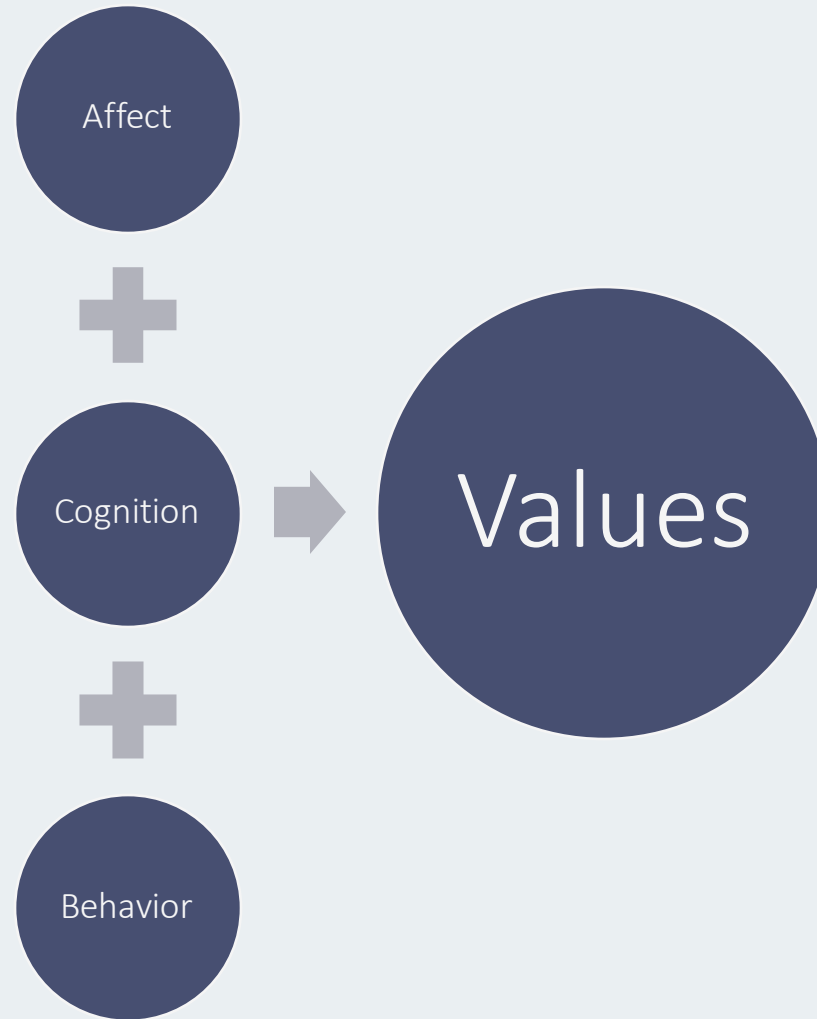
# Values Clarification

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What is a value?

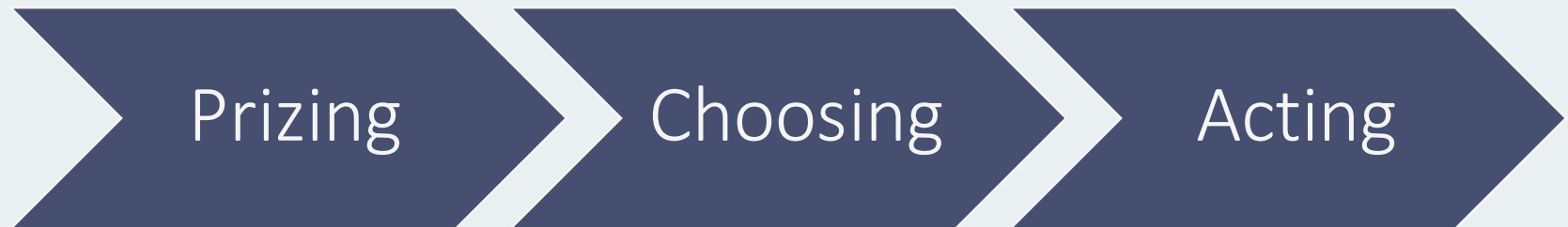
# Early Work on Values Clarification



# Early Work on Values Clarification

Value-Deficit Behaviors	Value-Driven Behaviors
Apathy	Purpose
Fickleness	Commitment
Overconforming	Critical Thinking
Overdissenting	Balanced Autonomy and Connection
Unhealthy decision making	Healthy decision making

# The Valuing Processes



# Prizing – Values are:

Prized and Cherished

Publicly Affirmed

# Choosing – Values are:

Chosen from Alternatives

Chosen after Considering the  
Consequences

Chosen Freely

# Acting – Values are:

Acted upon

Acted upon Consistently

# Two Key Facilitation Skills

Open-Ended Questions

Nonjudgmental Posture



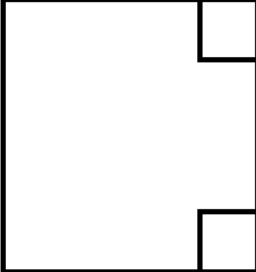
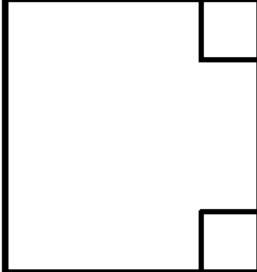
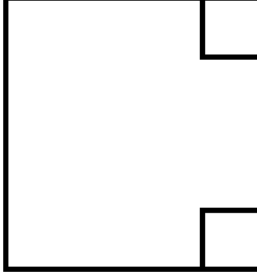
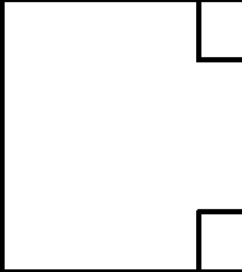
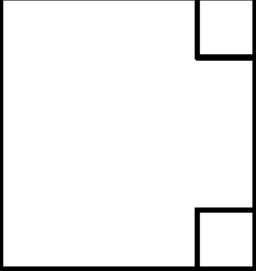
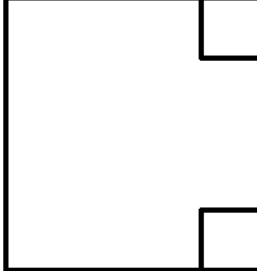
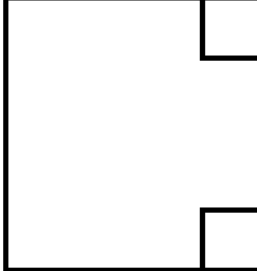
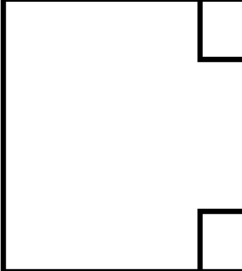
## The Life Compass

In the main part of each large box, write a few key words about what is important or meaningful to you in these areas of life: what sort of person do you want to be? What sort of personal strengths and qualities do you want to have?

If a box feels irrelevant or you get stuck, leave it blank, and return to it if something comes to you. It's okay if the same words appear in several boxes: this will help you identify core values.

Once you've done that for all boxes, in the upper small square inside each, mark on a scale of 0-10 how important these values are to you at this point in your life (0 = no importance, 10 = extremely important). Finally, in the lower small square inside each box, mark on a scale of 0-10 how effectively you are living by these values right now (0 = not at all, 10 = living by them fully).

Take a look at what you've written. What does this tell you? What's important in your life? What might you currently be neglecting? When looking over this document, imagine how to weave these different values into your life.

<p>School/Education</p> 	<p>Free Time/Recreation</p> 	<p>Work/Job/Career</p> 	<p>Mental/Physical Health</p> 
<p>Spirituality/Religion</p> 	<p>Family</p> 	<p>Intimate Relationships</p> 	<p>Friendships/Social</p> 

Adapted from Harris, R. (2008). *The happiness trap: How to stop struggling and start living*. Boston, MA: Trumpeter Books.

# Questions



# References/Further Reading

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# Motivational Interviewing and Values Clarification



<https://thrive.psu.edu>



# No-Cost, Online Resources

**Resources for Professionals**

These resources are intended to provide support to professionals who work with children, youth, and families. Some of our resources require your email address before you can access the download link. We are collecting your information so that we may gauge which resources professionals are downloading for use and so we can continue to provide useful resources.

Professional Resources

- Digital Empowerment
- Professional Resource

Hybrid Manuals

- Take Root Hybrid Implementation Facilitation Manual
- Sprout Hybrid Implementation Facilitation Manual
- Grow Hybrid Implementation Facilitation Manual
- Branch Out Hybrid Implementation Facilitation Manual

**Resourceful Parents. Resilient Children. Ready Families.**

Programs for parents and caregivers to learn and practice effective strategies for raising healthy children.

**Parenting Programs for Parents and Caregivers of Children 0-18 Years**

The Thrive Initiative is a suite of evidence-informed parenting programs that are designed to empower parents and caregivers as they nurture children from birth until 18 years of age. The Initiative includes a series of face-to-face and online parenting programs and a range of online resources and interactive learning modules to meet the families where they are.

The Thrive Initiative is divided into developmentally age-appropriate areas and consists of four universal parenting programs and two targeted parenting programs. The four universal Thrive Initiative programs are available in online formats and immediate access to programming is granted to parents and caregivers. The universal face-to-face and targeted programs are delivered by professionals in an in-person format.

The programs are owned by the Federal Government, and the online universal programs are available at no cost to military and civilian families.

- take root** ages 0-3 years
- sprout** ages 3-5 years
- grow** ages 5-10 years
- branch out** ages 10-18 years
- take root** home visitation
- grow** safe and secure

Are you ready to Thrive? [Register Today!](#)

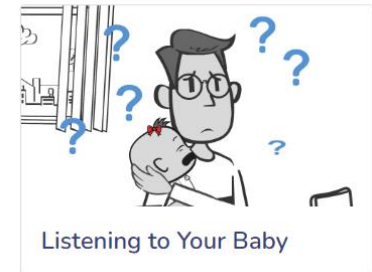


## parental absence Parenting Through Family Separation

A supplemental parent-education module that is designed to offer support to parents and caregivers who experience family separation.

[Log In or Register](#)

## Take Root (0-3 years)



<https://thrive.psu.edu>

# Presentation Survey



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# Continuing Education Credits



The Clearinghouse for Military Family Readiness at Penn State is approved by the American Psychological Association to sponsor one hour of continuing education for participation in today's training.

- Attendance has been tracked.
- Certificates of completion will be sent to those who indicated a desire to receive credits at registration.
- For more information, contact Kristi Brawley: [kkb18@psu.edu](mailto:kkb18@psu.edu).

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## One Hour of Credit





# Next in the Educational Series



<http://bit.ly/3CGDGEE>

## **The Mental Health Challenges of Military-Connected Children and How the Adults in Their Lives Can Help**

March 22, 2023, at 4 pm EST  
Celina Grassmyer, Ph.D.

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### **Presentation Two**





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# Thank You

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