

Change Talk

Soliciting change talk is a cornerstone of Motivational Interviewing.

It allows the client to support his/her own need for change without the Probation Officer suggesting it or imposing it. When the need for change is the client's idea there is less chance that he/she will defend not changing.

Change Talk is how people talk about the idea of change. They mention or "land on" their Desire, Ability, Reason, Need and Commitment to change behaviour. This is DARN-C

Below are several case examples. Please identify pieces of change talk in these examples. From the identified *change talk* please move between Affirmation, Reflections, Open Ended Questions, and Summarizations.

MI Case Examples 4/13

Terry is 17-years-old. She is currently in placement in an Independent Living Program. The assigned)PO is making a monthly contact with her. The)PO was made aware that Terry tested positive for marijuana about 2 weeks ago. Terry has been struggling with the general rules of the program. She has violated the program's curfew on several occasions and she has had contact with several juveniles that the program said she should not have contact with. Terry has maintained the same full time job the past 5 months. She has almost completely paid off her restitution. Terry has also been promoted two times in the past 5 months. Terry is in line to become a manager within the next few months if she continues to do well at work.

John is 13-years-old. He is currently in the Bucks County Youth Center due to a pending Assault Allegation. John allegedly assaulted his father during an argument. John has his adjudicated hearing in 10 days and he is most likely facing some sort of residential placement due to his issues at home and his poor school attendance. John is currently having a psychological evaluation completed. John said that he got into the altercation with

his father because of how his father was treating his mother. John said that his mother and father always fight and argue; however, his father often takes the arguing to a physical level. John said that he only knows how to get people's attention by making threats and being physically aggressive because that is how his father resolves his issues. John said that he is scared that he is going to become just like his father. John said that he does not want people to be afraid of him.

Fred is 18-years-old. He will graduate high school in June. He has been accepted at Penn State main campus. He would like to pursue a career in engineering. Fred is currently being supervised on a Consent Decree for vandalizing several home exteriors. Fred has completed his community services and all of his other Probation conditions.

Steve is 16-years-old. He is currently being supervised on Indefinite Probation for a Burglary he was involved in with his friends. Steve has been cooperating with all the rules and regulations of his Probation. Steve has been paying off his restitution and he has almost completed his community service hours. Steve has been working at JiffY Lube for the past 6 months; he works about 30 hours per week. Steve is also involved with his high school football team and he just had a big game this past weekend. Steve plays the position of wide receiver and he caught several passes this past weekend that resulted in touchdowns.

Tanya is 17-years-old. She is currently being supervised on a Consent Decree for Retail Theft. Tanya is also being supervised by Bucks County Children and Youth due to issues with her mother and truancy. Tanya is struggling to maintain a full-time job and complete GED tutoring; both of which were Probation conditions. Tanya said that she would like to be able to live on her own sooner than later. Tanya stated that she and her mother struggle to get along every day. Tanya said that her mother is an alcoholic and constantly struggles with her sobriety; she recently began drinking again. Tanya said that she cannot stand to be around her mother when she is drinking because her mother becomes aggressive and just plain mean.

Tom is 14-years-old. He is currently being supervised on Indefinite Probation due to a fight with another student in school. Tom maintains that the fight was due to being bullied by the alleged victim. Tom is still in the same school as the victim and has had on going issues with the victim since court. Tom maintains that he is still being bullied and the school will not doing anything to help him or resolve the matter. Tom said that he is afraid that if anything happens he will have his Probation violated and he does not want to get locked up.

Fred is 48-years-old. He is the parent of a juvenile that is currently in the Bucks County Youth Center due to a Robbery allegation. Fred is aware that his son will be facing some sort of long-term residential placement. Fred is upset because he is going to have to pay child support. Fred made clear that he cannot afford to pay anything out of pocket right now. Fred said that he will be going on a hunting trip in the near future for about 10 days.

Fred said that he has always been able to provide for his children's needs but he is upset that he is going to be forced to pay support by the courts. Fred said that he was able to help two of his other children pay for their college education.

Trish is 52-years-old. Trish's son just had court in front of judge Finley and is not happy how the judge handled her son's case. She said that the judge did not take into consideration anything positive her son did while he was being supervised on Probation for the last 8 months. She said that he only focused on her son's recent assault charge. Trish said that Probation has been helpful but she feels like she is constantly being reminded that she is bad and an ineffective parent because of her son's Probation. She said that she wishes her son would learn from this process faster and get his life together. Trish is even more frustrated because none of her other three children ever had problems with the police or school. Trish said that she is struggling to maintain a positive attitude about the court process because of the stress it is causing her. Trish said that she is struggling with depression lately and is afraid she will not be able to get her life in order and she really wants to feel better about herself and her family.

justin is 16-years-old. He is currently in placement at Today Inc. inpatient program; he was placed there by juvenile Court. He has been in the residential program for about 3 weeks. justin is doing well in the program and has been trying to adopt sobriety and the changes he needs to make to be successful. justin has said on many different occasions that he wants to get away from drugs and alcohol because he knows the affect both have had on his life. justin has concerns about going home after he completes the inpatient program due to his current group of friends and his father. justin is concerned about his friends because they all use drugs and alcohol. He is even more concerned about his father because he constantly drinks. justin knows that in order to maintain sobriety he needs to change his

surroundings. Justin does not like the idea of entering a group home after he completes the inpatient program.

Ben is 17-years-old. He is currently being supervised on a Consent Decree. He is supposed to graduate this year but he is struggling to pass Math and Science. Ben has said on several occasions that he wants to go to college but he thinks this will be impossible due to his current performance in those classes. Ben is having a difficult time maintaining a positive attitude due to his academic struggles. Ben is afraid to ask for help because he thinks it will bring even more attention to him and he is afraid of how his friends will view him.
