

HELPING STUDENTS THRIVE

Motivational Interviewing Strategies for
Primary Prevention and Harm Reduction



James Larcus

OBJECTIVES

- Name the 6 stages of the stages of change model
- Recall the 4 processes of Motivational Interviewing
- Identify at least one strategy to employ at each stage of change with students
- Utilize one specific coaching question at each stage of change with students

ABSTRACT

Supporting the holistic success of students remains a salient need and desire of higher education. As counseling centers continue to be flooded with demand and utilization, more upstream approaches are needed. Motivational Interviewing offers key strategies and techniques all faculty and staff can use with students before a crisis presents itself with particular efficacy for issues related to alcohol and other drugs. This presentation will provide an overview of this theory and leave participants with specific takeaways they can use in conversations on campus for primary prevention and harm reduction.