**A Powerful Primer: Narrative Therapy and Motivational Interviewing**

**2016 Palmetto State School Counselor Association (PSSCA) Conference**

**1 hour session: Friday January 22, 2016 at 4:30-5:30 p.m.**

Ms. Bettina Elder, Graduate Student, School Counseling - [belder@citadel.edu](mailto:belder@citadel.edu)

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See webouts and additional resources at: <http://guyilagan.com/trainees/> (Password: *counselor*)

**Welcome!** -Guy

**Narrative Therapy**

* What is Narrative Therapy - Bettina
* Applications - Bettina
* Counselor’s stance - Laura
* Techniques (see Narrative Processes handout):
  + Build upon alternative story lines (towards a new narrative) - Laura
  + Externalizing - Laura
  + Find exceptions - Bettina
  + Pull-in witnesses - Bettina
  + Go into the future - Laura
* Walk through a narrative process Guy

**Motivational Interviewing**

* Introduction - Laura
* Applications - Laura
* Four principles (p5) Bettina
* Five Stages of change (pp 6-8) - Bettina
* Counselor’s stance: Spirit of MI (p2) - Laura
* Techniques - Guy
  + Readiness Rulers (pp 9-11)
  + Decisional Balance (p14 of Mar 2013 MI handout)

**Discussion**