

# NDASP BOOK STUDY

## MOTIVATIONAL INTERVIEWING IN SCHOOLS (HERMAN, REINKE, FREY & SHEPARD)

SEPTEMBER 1 - OCTOBER 12



Based on encouraging research on the value of motivational interviewing (MI) in K-12 settings, this practical book explains the basic elements of MI theory and demonstrates, step-by-step, how the four-stage process of engaging, focusing, evoking, and planning can be used with the families of students who need psychological or counseling services, teachers who need consultation and support to improve classroom management, and the students themselves. The book discusses barriers to readiness to change and describes how to foster engagement and compliance with school services to increase the likelihood that positive change will occur. It also describes how MI can be used to increase the effectiveness of interprofessional teams in school settings, along with ways in which MI can be integrated into and build support for already established programs. Richly illustrated with examples of using MI as a strategy for promoting everyday conversations about change - the nucleus of MI practice - the book also includes case studies and sample handouts for mental health professionals, students, family members, and teachers.

- \* **1 Graduate Credit (15 hours)**
- \* **University of Mary**
- \* **Online (Canvas)**
- \* **NDASP membership perk!**

### **Upcoming Book Studies:**

- It's Always About the Children
- Mindset in the Classroom

**TO REGISTER:** <https://squareup.com/store/north-dakota-association-of-school-psychologists>

**For Information:** [www.ndasp.org](http://www.ndasp.org);  
email Adam Christ  
(adam\_christ@bismarckschools.org)

\*More Information regarding syllabus content and University of Mary credit will follow registration.

### **COSTS:**

**Member Cost:** Included in Annual Membership Fee (\$50)\*

**Non-member Cost:** \$50 per book study\*

\*Does not include the cost of the credit through University of Mary

