

# Blending Adventure Therapy and Motivational Interviewing to Impact Student Success

Robert Valle

MA School Counseling

College Access Coordinator



**Center for College  
Access and Success**

NORTHEASTERN ILLINOIS UNIVERSITY

*Funded through the U.S. Department of Education*



# This workshop will:

- involve active participation
- show practice of Adventure Therapy (AT) and Motivational Interviewing (MI) in a brief modeling of a session – (hence active participation above)
- hope to show how we use AT and MI to support students success
- be F.U.N.



# This workshop will not:

- make you an expert in MI
- magically give you any credentialing to establish an AT or MI practice within your school
- be able to show you ALL aspects of AT or MI but
- allow me enough time to allow the practice of AT or MI sufficient justice



# Introductory Activities

Welcome

Challenge by Choice

Introduce yourself to 2 - 3 other participants

Closed fist activity (MI is Schools, p 188)



**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY



# What is Adventure Therapy?

## **Adventure (psycho) therapy**

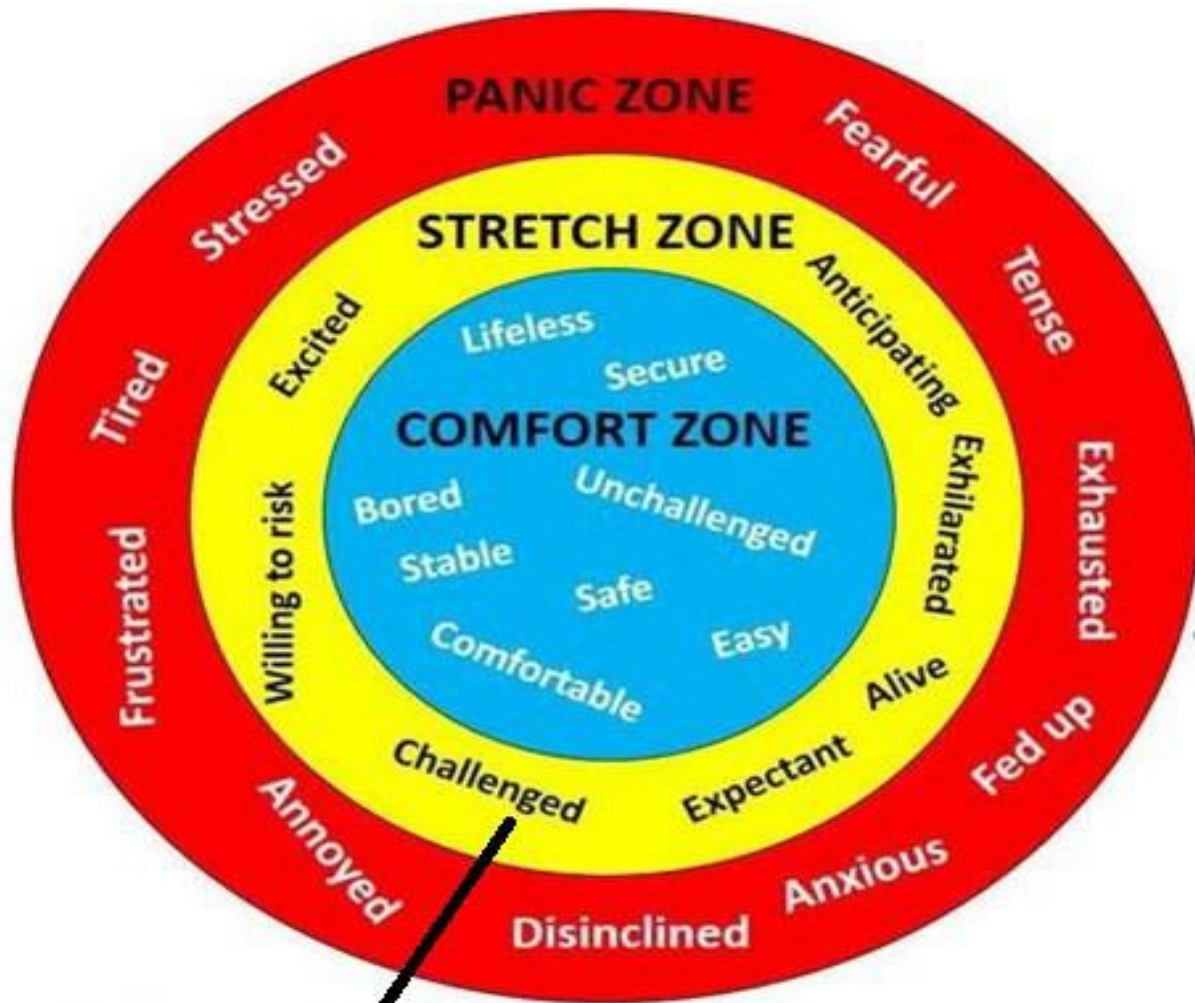
is an active, experiential approach to group (and family) psychotherapy or counseling: - Utilizing an activity base, (cooperative group games, ropes courses, outdoor pursuits or wilderness expeditions) - employing real and or perceived (physical and psychological) risk

ABC-model (Adventure-based Counseling) developed by Schoel, Prouty and Radcliffe cited within Project Adventure. (Neil, J., <http://www.wilderdom.com/adventuretherapy/adventuretherapytheory.html>, accessed April, 2017).



**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY





*Ideal zone for personal/  
professional development*



The Simplest  
Experiential  
Learning  
Cycle

**DO IT.**

**Now What?**

What will I do differently next time?

**What?**

What happened?  
What were the results?

**So What?**

What do these  
results imply?  
How did I influence  
the outcome?

compiled by Andrea Corney

[www.edbatista.com/2007/10/experiential.html](http://www.edbatista.com/2007/10/experiential.html)



**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY



# What is Motivational Interviewing?

“Motivational interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”

From: Miller & Rollnick, *Motivational Interviewing*, 3<sup>rd</sup> Ed., 2012, p. 29, Guilford Press.



**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY





# Self-Determination Theory:

People from all cultures and ages have 3 basic psychological needs for healthy growth & development

- **Competence** (confidence in capacities, interactions that expresses and enhances one's capabilities);
- **Relatedness** (belonging, caring and being cared for, accepted and integrated);
- **Autonomy** (perceived source of own behavior, acting from interest and integrated values)



# Spirit of MI

**Compassion**  
**Partnership**  
**Acceptance**  
**Evocation**

From: Rollnick, Kaplan & Rutschman; MI in Schools, 2016, p. 24, Gilford Press.



**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY



**“I’d like to help you [compassion] and talk this through with you [partnership]; you are a valuable person and I will refrain from judging you [acceptance]; instead, I’d like to listen and find out what you think will work well for you to change [evocation].”**

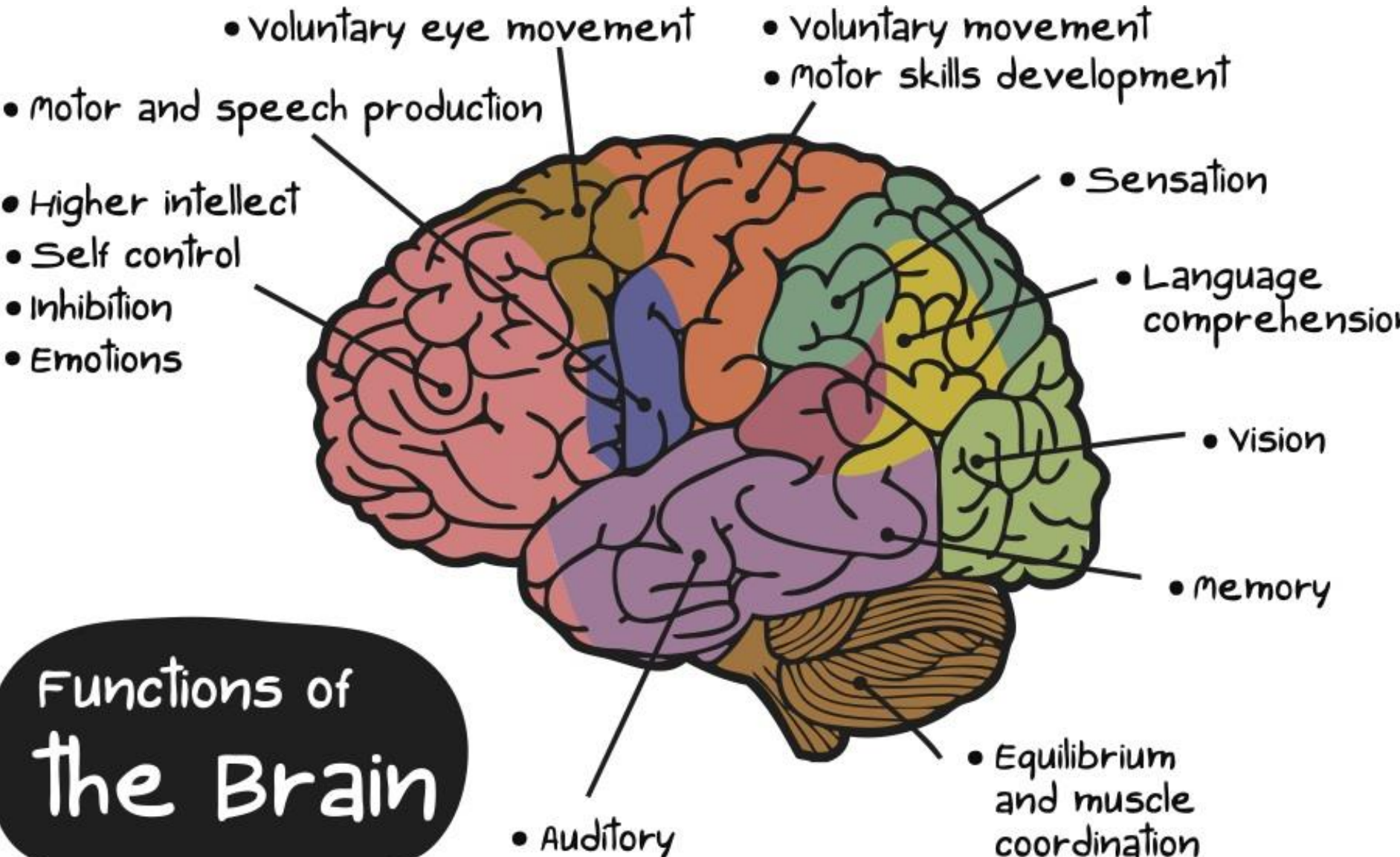
From: Rollnick, Kaplan & Rutschman; MI in Schools, 2016, p. 24, Gilford Press.



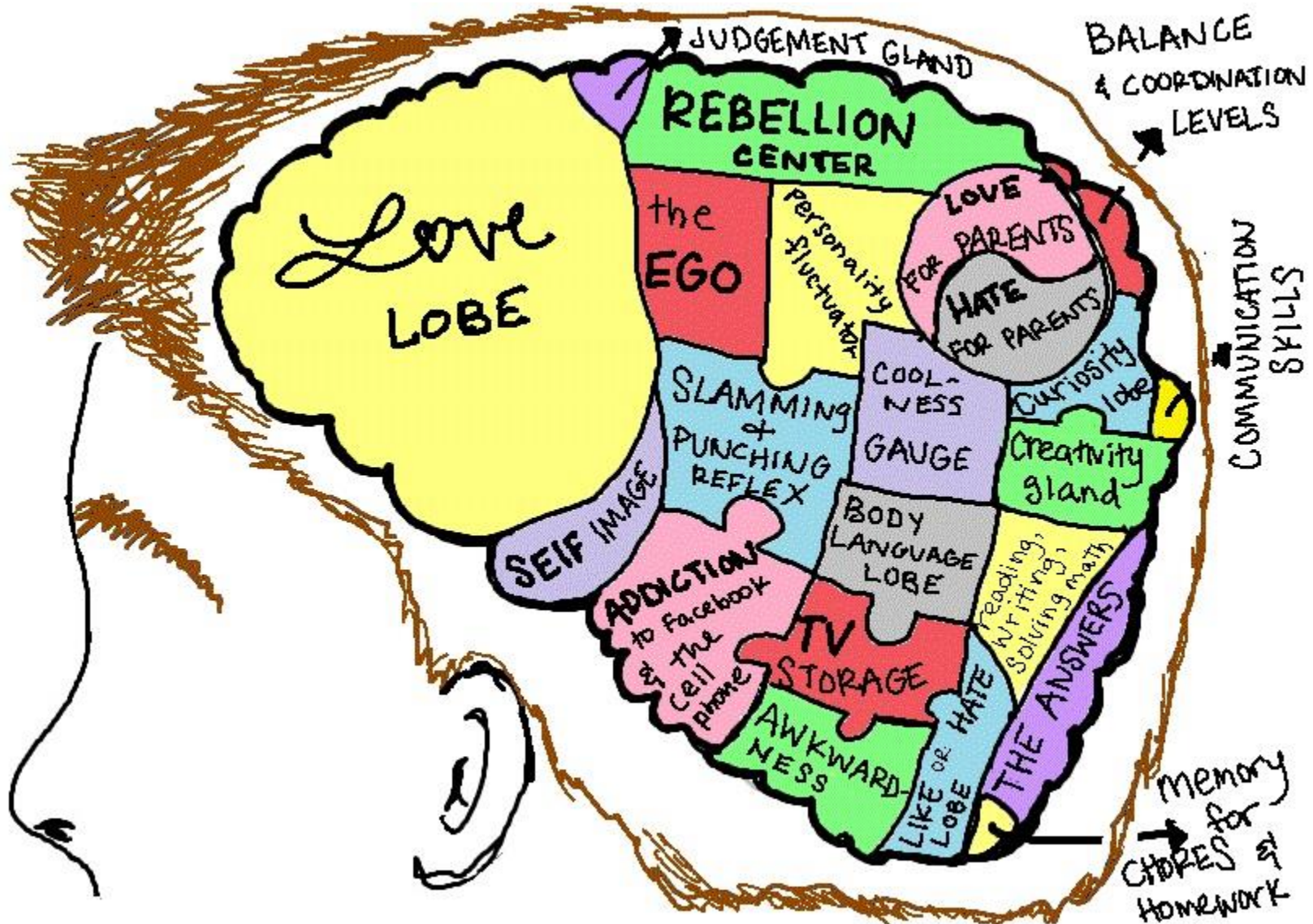
**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY



# Functions of the Brain







# Underlying Concepts of MI

- People are ambivalent about change
- Providers who push for change create a relational discord which encourages the person/student to maintain the status quo (resisting change)
- Discord predicts lack of change
- Evoking the client's own change talk will enhance behavior change

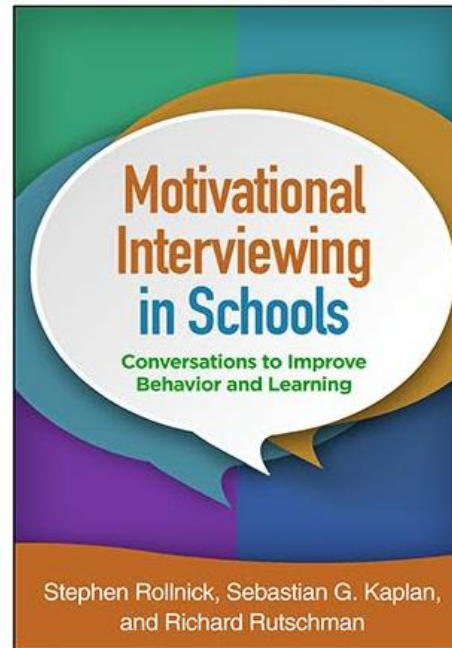
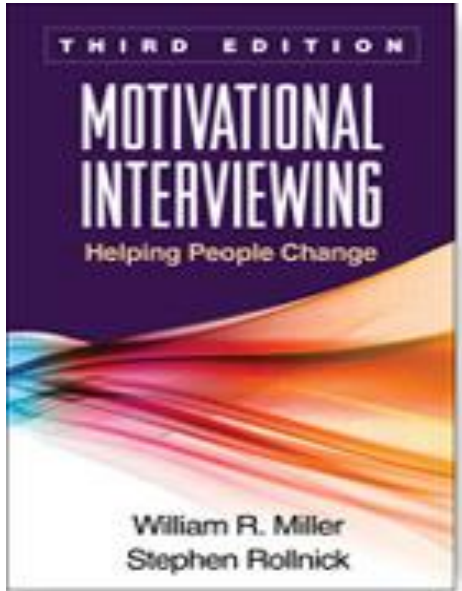


# How do we help students solve problems?

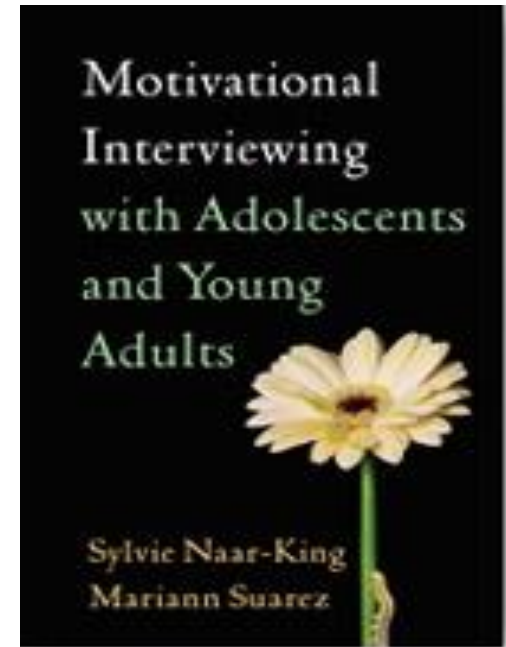
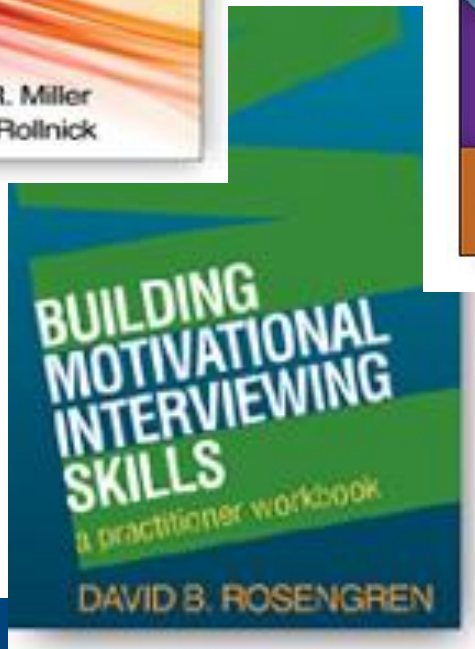
- We begin by changing chemicals in the brain and relate to each other
- Ask them to be involved
- Through MI get at a problem they express as something they want to change
- Validate their abilities to change



[www.guilford.com](http://www.guilford.com)



Use promo code 2E for discount



**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY





# Contact Information

Robert Valle

Center for College Access & Success

Northeastern Illinois University

770 N. Halsted, 4<sup>th</sup> Floor

Chicago, IL 60642

312-733-7170

312-375-5297 cell

[rfvalle@neiu.edu](mailto:rfvalle@neiu.edu)



**Center for College  
Access and Success**  
NORTHEASTERN ILLINOIS UNIVERSITY

