

# CLINICAL WEBINARS

## FOR HEALTH SERVICE PSYCHOLOGISTS

---

TRANSLATING RESEARCH TO PRACTICE

# Enhancing Motivation and Engagement With Youth

Mary K. Alvord, Ph.D.

Alvord, Baker & Associates, LLC and Resilience Across Borders, Inc.

## Webinar Tips for Attendees

Please review our webinar guidelines for frequently asked questions:  
**[www.nationalregister.org/webinar-tips/](http://www.nationalregister.org/webinar-tips/)**

**1 CE Credit, Instructional Level: Intermediate**

**1 Contact Hour (New York Board of Psychology)**

The National Register is approved by the American Psychological Association to sponsor continuing education for psychologists.

The National Register maintains responsibility for this program and its content.

The National Register of Health Service Psychologists is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0010.

# Mary Karapetian Alvord, Ph.D.



**Mary Karapetian Alvord, PhD**, is a psychologist and is co-founder of Alvord, Baker & Associates, LLC. She specializes in treating children, adolescents, and adults using evidence-based therapies. She is also Founder of a charitable non-profit, Resilience Across Borders, Inc. and co-author of *Conquer Negative Thinking for Teens*, *Resilience-BUILDER Program*, and *The Action Mindset Workbook for Teens: Simple CBT Skills to Help You Conquer Fear and Self-Doubt and Take Steps Toward What Really Matters*.

# Disclosures/Conflicts of Interest

- Royalties:
  - The Action Mindset Workbook for Teens (2023)
  - Conquer Negative Thinking for Teens (2017)
  - Resilience Builder Program for Children and Adolescents (2011)

Free downloads of handouts and relaxation guides:

- Conquer Negative Thinking: [www.newharbinger.com/38891](http://www.newharbinger.com/38891)
- The Action Mindset: [www.newharbinger.com/50461](http://www.newharbinger.com/50461)

# Learning Objectives

1. Describe how stages of change, values identification and motivational interviewing can be used to move from thinking about change, to making a plan, and then taking action.
2. Discuss how tolerance of uncertainty and discomfort can facilitate taking action.
3. Apply these principles to treatment for anxiety and/or depression



## **THE INTENTIONAL MISTAKE**



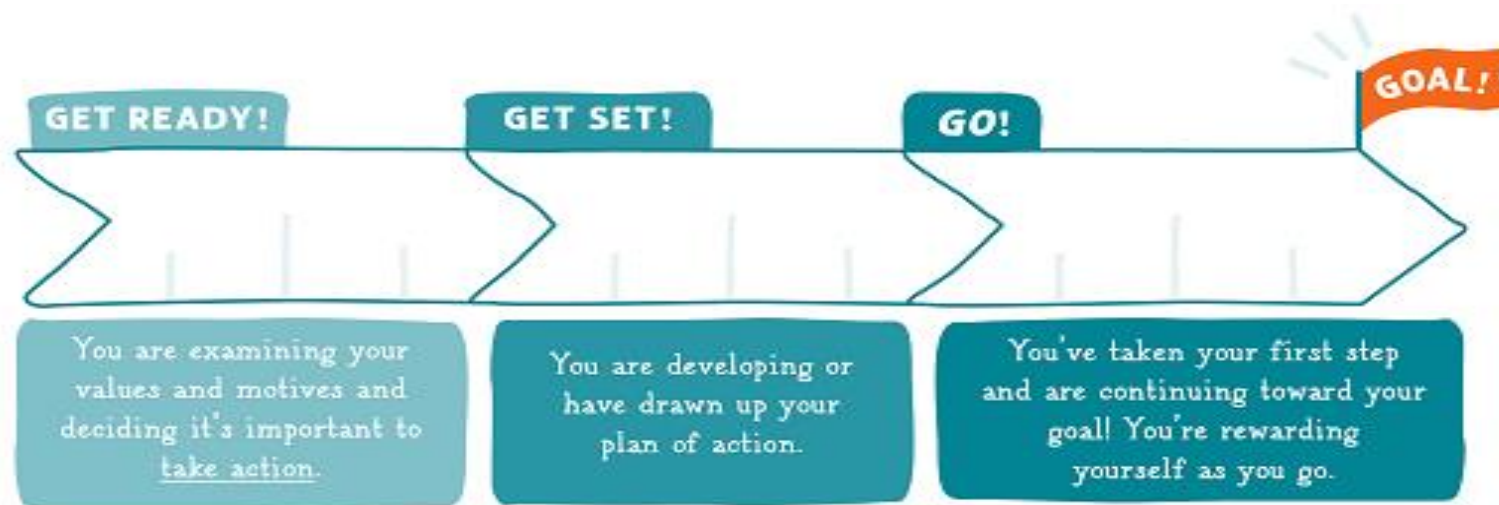
# THE FRAME:

Start with a resilience, asset building model that is transdiagnostic and transtheoretical (primarily CBT)

What do you like to do?

How do you spend your free time? How would you like to spend your free time? What gets in your way?

Change is a process that we move through with tiny steps



Can use these strategies for in-person, virtual, or hybrid model.

Use for individual therapy or a group

# Engaging through VALUES and Cultural Context

[Learn Your Character Strengths & Personal Traits](#) | [VIA Institute](#) | [VIA Institute](#) | [VIA Institute \(viacharacter.org\)](#)

**Arts/music:**

**Character traits (for ex.  
integrity, honesty, perseverance):**

**Family:**

**Friendship(s):**

**Academic achievement:**

**Physical activity:**

**Independence:**

**Creativity/ thinking outside  
the box:**

**Community/volunteering or other service:**

**Religion, spirituality:**

**Adventure/travel:**

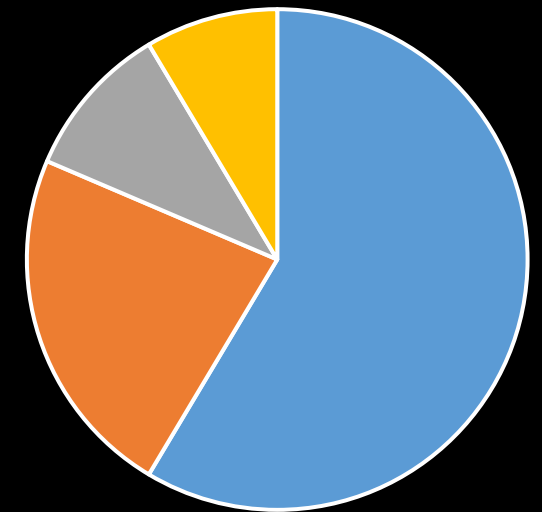
**Fun:**

**Health:**

**Nature:**

**Inner peace:**

**Other:**





# Values

Cartooning -

driving -

a specific person

wrestling

football

listening to music

reading

family

adventure

going new places & new foods

integrity, humor, vulnerability, honesty

drawing & photography

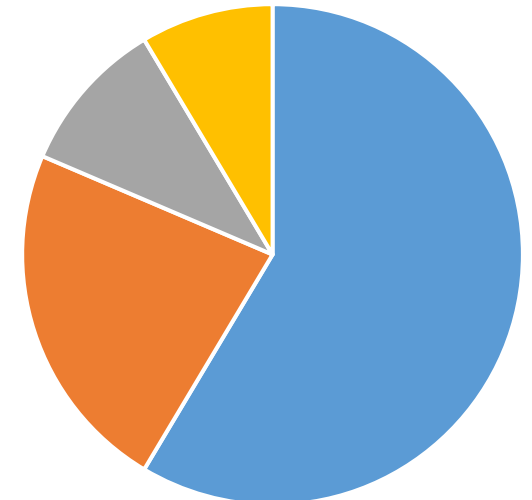
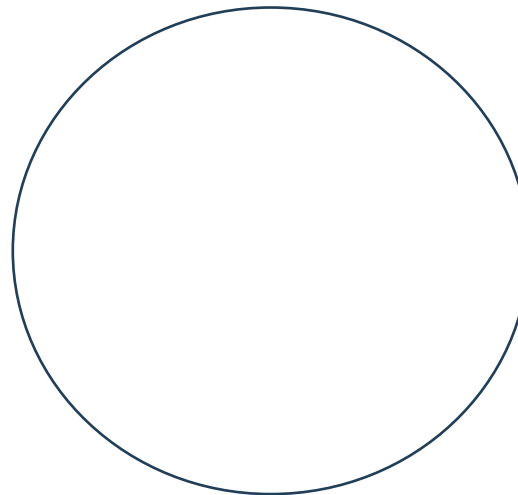
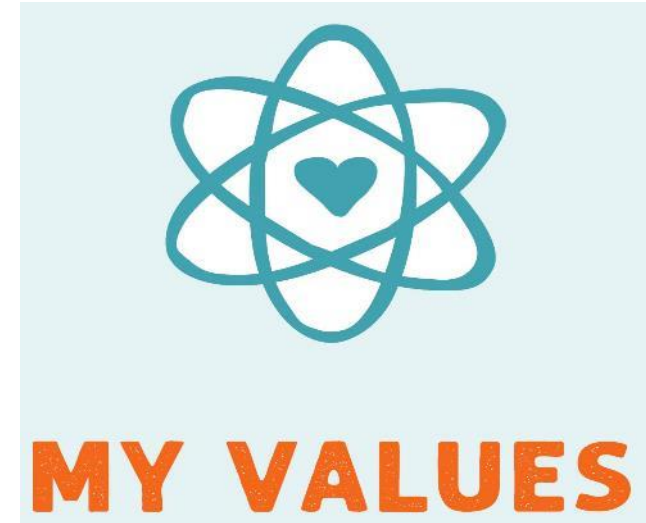
honesty,

close friendships

sense of humor

drawing

Multisensory engagement – talk,  
write, draw, role play, move





Word Cloud Generator - WordArt.com





**SELF-COMPASSION**







**MY SUPPORT TEAM**

# Motivational Interviewing

- What does avoiding action keep you from doing or feeling?
- The problem with the avoidance habit is: (you get stuck, miss out on things, lose friends, annoy people when you say no, etc.)
- Choice: be proactive or passive or reactive
- What REALLY, REALLY matters to you?
- What will happen if I act differently?
- Intent vs Impact
- Do I feel confident that I can take small steps toward my goal?



## THE MOTIVATIONAL INTERVIEW

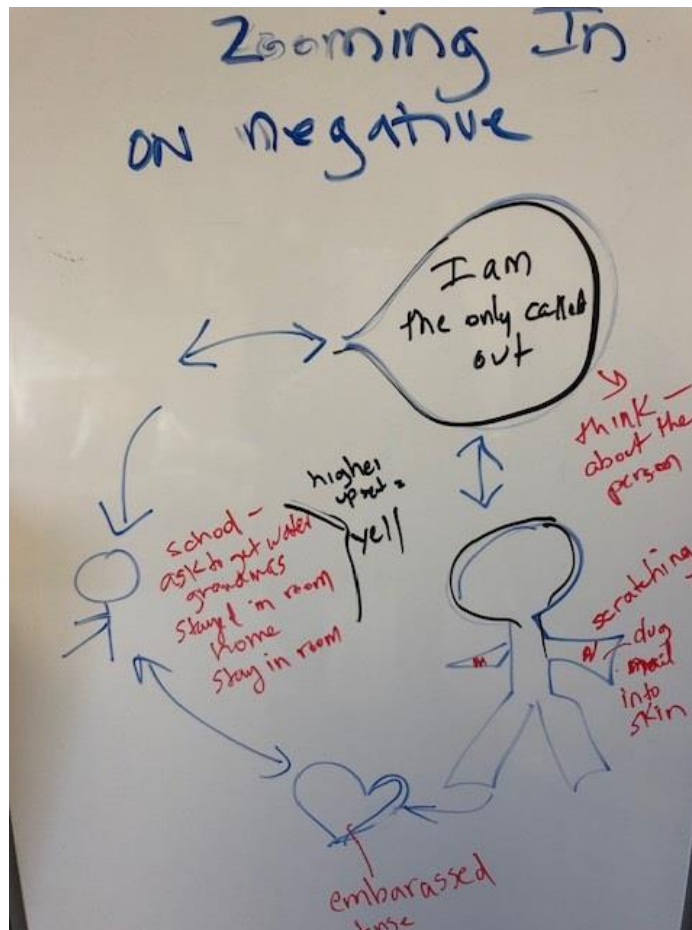
# What Thinking Habits Get in the Way?

We CAN Challenge those thoughts!

- ☑ The “I Can’t!” Habit
- ☑ The Catastrophizing Habit
- ☑ The All-or-Nothing Habit
- ☑ The Zooming in on the Negative Habit
- ☑ The “I Should, You Should” Habit
- ☑ The Fortune-Telling Habit
- ☑ The Mind-Reading Habit
- ☑ The Blaming Habit
- ☑ The “It’s Not Fair” Habit







change  
to



# Get Comfortable with Discomfort: Why Impt , Demo and Practice

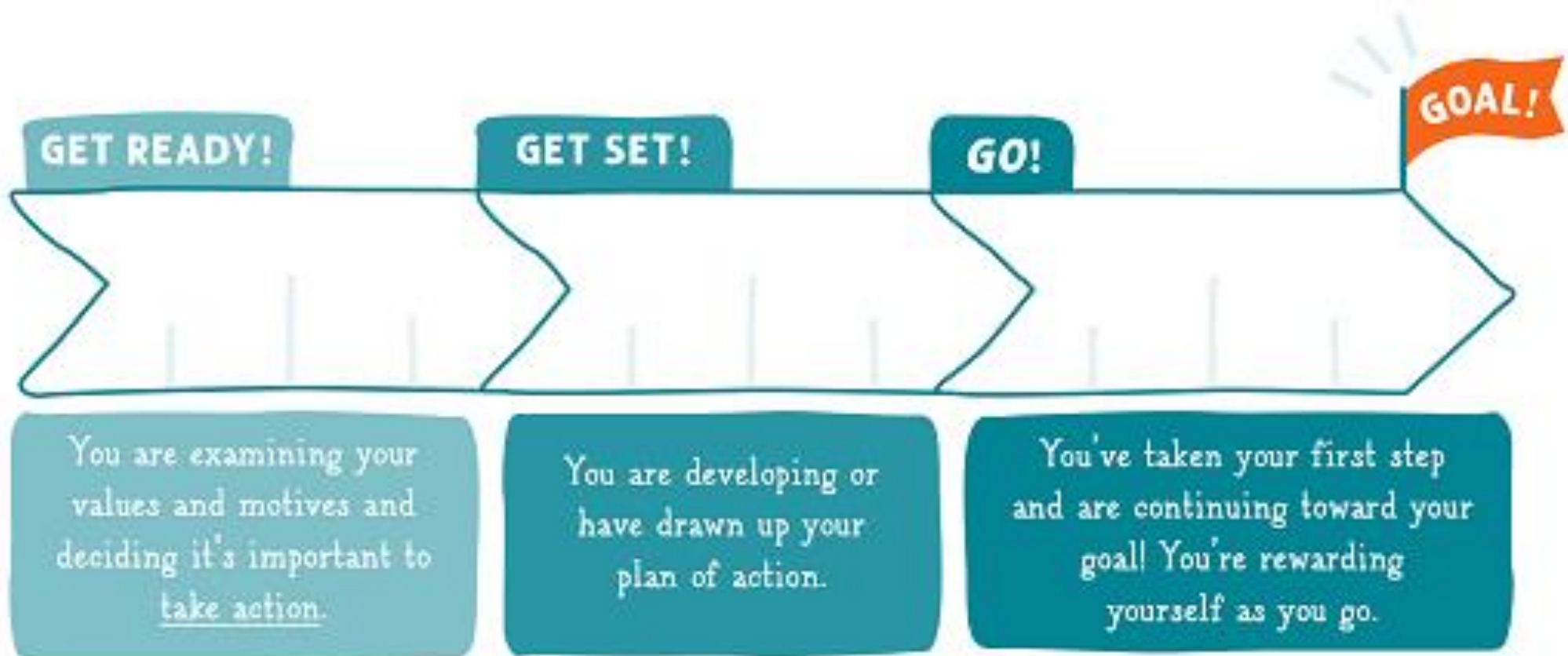
- Comfort with uncertainty: a time you didn't know what would happen? How did it turn out?
- Discomfort: Sour candies that turn sweet
- Stepping on your foot really hard
- Holding your breath as long as you can until its not comfortable

- Interoceptive Exposures



- One small step at a time





# ACTION-MINDSET TOOLKIT

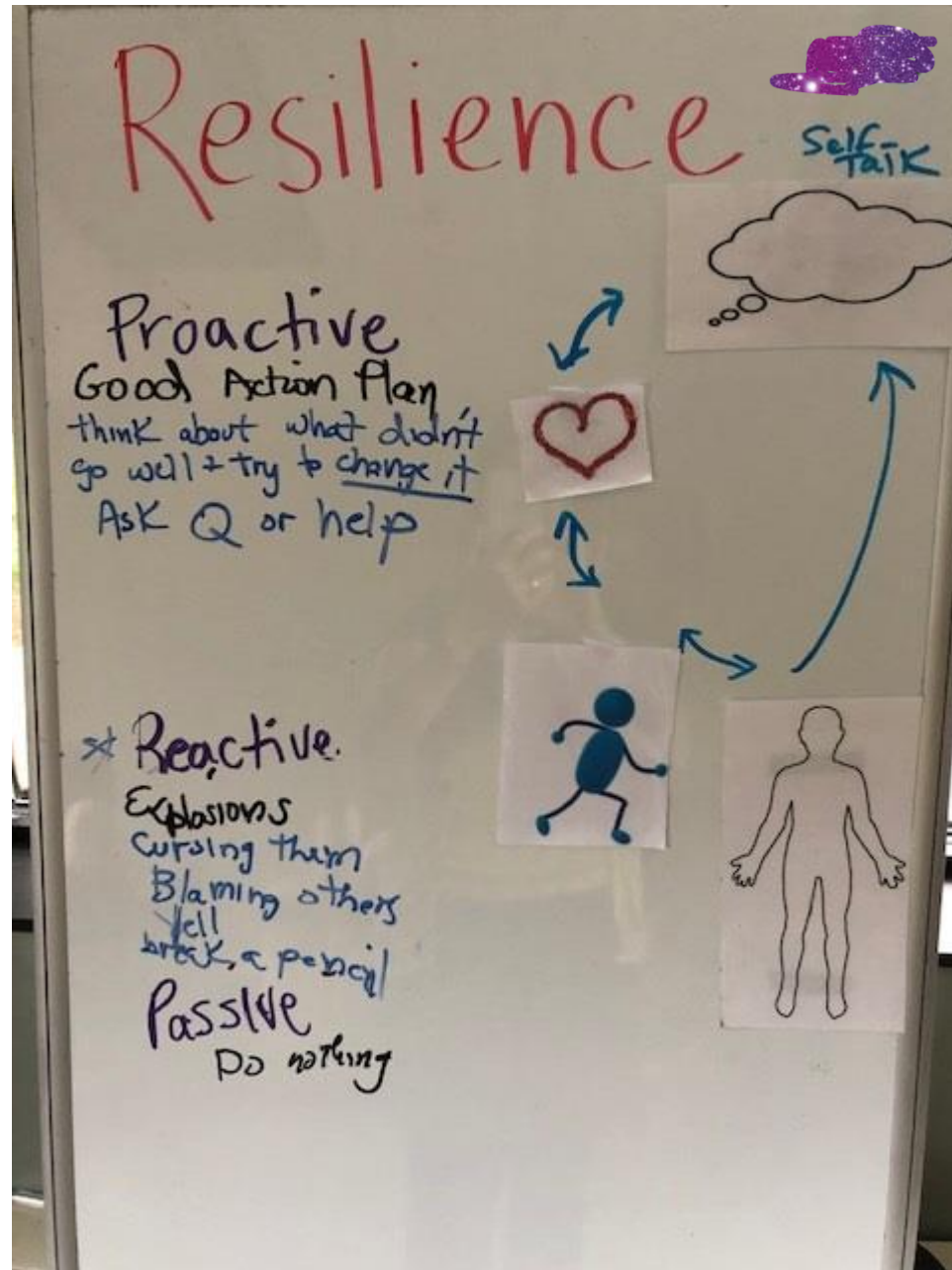


# ACTION-MINDSET TOOLKIT





# The Power of ACTION



not  
Avoidance

# We all climb staircases and go up and down.

Congratulate yourself for the effort it took to climb your staircase.

**Your Goal:**



**Start here.**

From: Alvord & McGrath, 2023. The Action Mindset Workbook for Teens: Simple CBT Skills to Help you Conquer Fear & Self-doubt & Take Steps Toward What Really Matters



# Depression: Behavioral Activation

Behavioral Activation Activity Sheet.pdf - Adobe Acrobat Reader (32-bit)

File Edit View Sign Window Help

Home Tools Behavioral Activatio... x

127 (1 of 1)

Sign In

ACTIVITY 25

## Plot Out Your Behavioral Activation Plan

**GET READY!** In the first part of this exercise, you'll monitor your activities for the next week to see how you're spending your time now, and with whom. Note all your activities, including meals. Circle any that you did with someone else.

	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Download blank planners at <http://www.newharbinger.com/50461>.

113

**Free downloads of handouts and relaxation guides:**

*Conquer Negative Thinking:*  
[www.newharbinger.com/38891](http://www.newharbinger.com/38891)

*Action Mindset:*  
[www.newharbinger.com/50461](http://www.newharbinger.com/50461)

# References

- Alvord, M.K. (2023). Kids and Teens Need Resilience. [The Pew Charitable Trusts \(pewtrusts.org\)](https://www.pewtrusts.org)
- Alvord, M.K. & McGrath, A. (2023). *The Action Mindset Workbook for Teens: Simple CBT Skills to Help you Conquer Fear & Self-Doubt & Take Steps Toward What Really Matters*. CA: New Harbinger Publications.
- Hayes, S. and Smith, S. (2005). *Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger Publications.
- Miller, W.R. and Rollnick, S. (2012). *Motivational Interviewing: Helping People Change, 3<sup>rd</sup> ed.* New York Guilford Press.
- Prochaska, J.O. and DiClemente, C.C. (1982). Transtheoretical Therapy: Toward a More Integrative Model of Change. *Psychotherapy: Theory, Research and Practice*, 19, 76-288.
- Rich, B.A., Starin, N.S., Senior, C.J., Zarger, M., Cummings, C. M. , Collado, A. & Alvord, M.K. (2023). Improved Resilience and Academics Following A School-based Resilience Intervention: A Randomized Controlled Trial. *Evidence-Based Practice in Child and Adolescent Mental Health*, 8:2, 252-268.

## What are your Takeaways?

# ACTION-MINDSET TOOLKIT



## MY VALUES



## THE MOTIVATIONAL INTERVIEW



## THE REALITY CHECK



## THE SMALL STEP



## THE STAIRCASE EXPOSURE



## THE IMAGINAL EXPOSURE



## BODY SENSATION EXPOSURES



## THE INTENTIONAL MISTAKE



## MY REWARD SYSTEM



## THE BEHAVIORAL ACTIVATION PLANNER



## MY SUPPORT TEAM



## THE READY!-SET!-GO! METER



## SELF-COMPASSION



## MINDFULNESS



## PROGRESSIVE MUSCLE RELAXATION



## ZOOMING IN ON THE POSITIVE



## GRATITUDE

## ACTION-MINDSET TOOLKIT

# Q&A With Dr. Mary K. Alvord



- We will now discuss select questions that were submitted via the Q&A feature throughout the presentation.
- Due to time constraints, we will not be able to address every question asked.