

## Webinar: Brief Intervention for Adolescents Part II: BNI Using MI and CBT Strategies Questions from Participants and Answers from the Presenter

Q: I thought that MI now stays away from “rolling with resistance,” and now it’s either “decisional balancing” where you present adolescent goals along with contrasting behavior or “creating discord.” What do you think about this?

A: I still see value in the concept of rolling with resistance (RR). To me, applying “RR-type” strategies provide a chance to reframe, to offer a difference perspective, and to invite a new view. Your good point of using decisional balance and creating contrasts seem to me as good examples of RR.

Additionally, there has been some debate in the MI world about the term “resistance” sounding too judgmental and searching for a better term. But, I feel that however we label it, ambivalence sometimes presents as quite intense resistance to change. Other terms that could work are “reluctance,” “hesitation,” “push-back” (as used in the webinar), and most likely there are other terms.

One other point is to make sure to distinguish resistance to change on the part of the adolescent/young adult from true discord that has arisen between the practitioner and the patient/client. When there is discord (which points to a breakdown in the relationship), it seems wise to acknowledge it and take steps to restore the relationship before moving forward with the conversation.