

**You Push - I Pull:  
Resolving the Conflict Between Wants and Needs and the Problems That Causes**

**Presenter:** Michael Mayer

**Intended audience:** Families, Self-Advocates, Program Managers, Clinicians, QMRP's,  
Direct Support Workers

**Session Description**

Move over Maslow. Reiss and Havercamp, in their groundbreaking research found that there were fundamental values and desires that humans possess in varying degrees. When we don't get what we want we behave in ways that others may not like. When others try to get us to do things that violate our fundamental values we tend not to cooperate. In this session the participants will learn how to evaluate the critical factors of motivation, tension and resistance through a process that provides specific multi-factored data. This invaluable information that can help us facilitate planning, design and deliver effective supports, and ways to intervene in current problematic situations and prevent future problem behavior.