



Motivational Interviewing – Into Practice: Course Description:

This 8 week course will provide 20 hours of training. A combination of texted prompts, facilitated group sessions, skill building homework, and optional reading activities will give learners the opportunity to develop and refine skills.

Required Reading:

There will be recommended articles relevant to the course.

Course Objectives:

- Describe the relationship between the process of change, ambivalence and Motivational Interviewing
- State the reason(s) for choosing and using a specific MI skill at a particular moment
- Demonstrate evoking Change Talk
- Discern between intentional and non-directional use of MI skills
- Conduct a personal assessment and develop an individualized MI Strengths & Growth Opportunities plan

Course Requirements and Meeting Schedule:

Week	Agenda/Topic	Assignment
One	Change, Ambivalence, Motivation, and MI Spirit	Change Interview
Two	Relational and Intentional Elements of MI, Intentional OARS, Four Processes	Reflecting on Engagement and Spirit in an Interaction
Three	Ambivalence, Resistance vs. Discord, Change vs. Sustain Talk	Analyzing Video Examples
Four	Ambivalence, Language, Develop Discrepancy	Exploring Ambivalence Practice
Five	Righting Reflex, Intentionality, and OARS	Intentionality: Labeling and Reworking Vignettes
Six	Recognizing and Responding to Change Talk, Evocation	Finding Change Talk in Music
Seven	Cultivating Change Talk, Managing Sustain Talk, Recognizing Readiness to Change	Developing Readiness for Planning Examples
Eight	Evocation, Planning, Collaborative Information Exchange, Debrief	Life Assignment