

<b>Course Summary:</b>	<p>Motivational Interviewing is a way of talking with people about change. While this approach was developed to help people with addictive behaviors, Motivational Interviewing has been shown to be effective for a wide range of problem behaviors including addictions, health-related lifestyles, inappropriate behaviors and treatment adherence. Motivational Interviewing can be used as a brief or long term intervention to increase motivation to change a specific behavior or to enhance treatment engagement and outcome. It can be used effectively as a stand-alone intervention, as a prelude to treatment, or as adjunct to a treatment program or planned intervention. Participants will learn how to use basic Motivational Interviewing skills in a variety of settings related to treatment programs, criminal justice, health care and other client interactions. This is an evidence based program and adaptable to almost any situations where counselors are assisting clients/patients/probationers through a cycle of change and dealing with client/patient/probationer ambivalence and thought discrepancies.</p>
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Performance Objectives:
<ol style="list-style-type: none"> <li>1. Describe why people change</li> <li>2. Recognize and describe the cycle of change</li> <li>3. List and explain the key concepts and elements of Motivational Interviewing</li> <li>4. Demonstrate reflective listening skills</li> <li>5. Demonstrate how to “roll with resistance”</li> <li>6. Demonstrate how to elicit and document change talk</li> <li>7. Demonstrate MI skill acquisition through individual and group exercises</li> </ol>

Course Outline				
Day	Time Begin (24 Hour)	Time End (24 Hour)	Subject or Topic	Instructional Methodology
1	0800	1000	Class Orientation Goals of work Early concepts of Motivation Persuasion Exercises	Lecture Group Exercise Audio/Video Clip
1	1000	1200	What motivates people Stages Of Change History of MI What is and is not MI The Spirit of MI	Lecture Group Exercise Audio/Video Clip
1	1200	1300	lunch	
1	1300	1500	General Principles: Empathy, Discrepancy, Rolling with Resistance, Self-efficacy Learning the OARS Expressing Empathy Open and Closed ended questions	Lecture Group Exercise Audio/Video Clip
1	1500	1700	Affirmations Reflective Listening Summaries Class Review	Lecture Group Exercise Audio/Video Clip Evaluation