

Course Summary:	<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. 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 resistive clients.</p> <p>The second day of the Motivational Interviewing training sequence places an emphasis on dealing with and responding to client resistance and introduction of change talk principles. Participants must complete day one of the Motivation Interviewing curriculum to benefit from the training provided in this segment of the Motivational Interviewing program.</p>
------------------------	--

Performance Objectives:
<ol style="list-style-type: none"> 1. Review why people change 2. Review the concepts and elements related to Reflective Listening and Language skills of Motivational Interviewing 3. Understand the reasons and responses to client resistance to change 4. Demonstrate how to “roll with resistance” 5. Demonstrate improved MI skill acquisition through individual and group exercises

Day	Time Begin (24 Hour)	Time End (24 Hour)	Subject or Topic	Instructional Methodology
1	0800	1000	Review and continued skill development of OARS skills	Lecture Group Exercise Audio/Video Clip
1	1000	1200	The Righting Reflex Rolling with Resistance Motivational Traps that can create resistance	Lecture Group Exercise Audio/Video Clip
1	1200	1300	lunch	
1	1300	1500	Reflective Responses Four Manifestations of Resistance Decisional Balance	Lecture Group Exercise Audio/Video Clip
1	1500	1700	Exploring Ambivalence Class Review	Lecture Group Exercise Audio/Video Clip Evaluation