

Course Summary:	Motivational interviewing is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. Motivational interviewing is an approach to helping individuals who are attempting to change problematic behavior which has brought them in contact with law enforcement. Motivational interviewing is designed to assist individuals who are reluctant to change their destructive behavior or may be ambivalent about attempting to work on their issues. Often times, probation employees are required to utilize various interviewing techniques to successfully manage their caseload.
------------------------	---

Performance Objectives:
<p>a) The student will be able to articulate what motivational interviewing is and why it is important.</p> <p>b) The student will be able to define the evidenced based approach to change.</p> <p>c) The student will be able to recall and apply the components of change - ready, willing and able.</p> <p>d) The student will be able to apply empathy, self-efficacy, ambivalence, resistance and discrepancy to their everyday interactions with clients.</p> <p>e) The student will be able to articulate the differences between interaction, open-questions and effective listening.</p> <p>f) The student will be able to recall how to enhance a client's motivation to make a positive change.</p>

Course Outline				
Day	Time Begin (24 Hour)	Time End (24 Hour)	Subject or Topic	Instructional Methodology
1	0800	1000	Introductions, objectives review; what is motivational interviewing and why is it important	Lecture Group Discussion
1	1000	1200	Components of change; evidence based approach to change	Lecture Group Discussion
1	1200	1300	lunch	
1	1300	1500	Interactive discussion with empathy, self efficacy, ambivalence, resistance and discrepancy	Group Discussion Demonstration Group Exercise
1	1500	1700	Differences between interaction, open questions and effective listening; using motivation to affect change; evaluations	Lecture Group Discussion