

## **Motivational Interviewing Overview (one day)**

Motivational Interviewing (MI), a model of therapeutic approach developed by William R. Miller and Stephen Rollnick, is an effective evidenced based approach to help people examine their road blocks to change. Having identified ambivalence as the primary barrier to change, MI spirit and techniques are utilized to assist the individual in examining what they want and what they currently do that might be preventing them from having it.

While MI was born in the field of addictions, it has proven effective in all forms of therapies with individuals. Learning strategies for building motivation, strengthening commitment to change, responding to resistance, enhancing the client's confidence and working within the client's readiness to change will enhance a clinician's skills in working with people. This one day seminar will prepare the participants to learn the spirit and philosophical approach of Motivational Interviewing and to practice some of its basic techniques.

This training is open to anyone who wishes to learn more about Motivational Interviewing. Professionals from the fields of social work, EAP, education, and mental health may all benefit.

### **Course Learning Objectives:**

Participants who complete this course will be able:

1. to identify 4 examples of the spirit of Motivational Interviewing
2. to identify the 5 principles of Motivational Interviewing
3. to write 3 types of reflective statements
4. to demonstrate some empathy skills using the Motivational Interviewing model (role plays in session)
5. to develop a plan for bringing Motivational Interviewing into their clinical practice

This course should be helpful for persons at all level of experience in working with other people.

### **Daily Agenda:**

Day 1: (8:30 a.m. - 4:30 p.m.)

- Removing Barriers to Treatment
- Motivational Interviewing Theoretical Origins
- Five Principles of Motivational Interviewing
- Stages of Change
- Therapists Pitfalls in Traditional Therapy
- Phase I: Building Motivation
- Listening Skills

**Learning Materials:**

The instructor will supply handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the primary learning activities, along with the use of small group activities. A short post-test will also be used to measure learning.

**Assignments:**

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

**Evaluation:**

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.