

Motivation Interviewing For Clinicians

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

Contact Hours:

This course has a total of 14 educational contact hours.

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

Day 2: (8:30 a.m. - 4:30 p.m.)

- Eliciting Self-Motivational Statements
- Integrating MI into practice
- Dealing with Resistance
- Strengthening Commitment to Change
- Therapist Pitfalls in MI
- Brief Motivational Interviewing

Course Learning Objectives:

Students will be able to:

1. demonstrate a working knowledge of the spirit and principles of Motivational Interviewing
2. learn and practice the five principles of MI (Express Empathy; Develop Discrepancy; Avoid Argumentation; Roll with Resistance; Support Self-efficacy)
3. learn and practice MI skills
4. develop a plan for bringing MI into their clinical practice

Learning Materials:

The instructor will supply handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the use extensive of small group activities.

Assignments:

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

Evaluation:

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