



Advanced Motivational Interviewing Online Course

DAY 1

10:00 AM-11:00 AM

QUIZ & AGENDA MAPPING: What have you learned about MI & what do you want to learn?
Foundational Reorientation to Motivational Interviewing
 Resistance vs. Ambivalence
 Compliance vs. Long-term Behavior Change

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

Righting Reflex, Equipoise, Resistance
Empathy Expressed with Strategic Reflections
ACTIVITY: Hot Topic
Debrief Activity
ACTIVITY: Questions to Reflections
Debrief Activity

DAY 2

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
Motivational Interviewing Approach
2nd MI Process: FOCUS

11:00 AM – 11:05 AM

BREAK

11:05 AM -12:00 PM

VIDEOS: ‘Dear Me,’ series
ACTIVITY: Tower to Values
Debrief Activity

DAY 3

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
Strategies of Motivational Interviewing

Decisional Balance

ACTIVITY: Tipping the Balance
Debrief Activity

11:00 AM – 11:05 AM

BREAK

11:05 AM – 12:00 PM

Strategies of Motivational Interviewing
Praise vs. Affirmations
ACTIVITY: Types of ‘Talk’

DAY 4

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
Strategies of Motivational Interviewing
Strategically Responding to Change Talk and Sustain Talk
VIDEO: “Non-verbal man” - Part 2

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

Motivational Interviewing Approach
3rd MI Process: PLAN
Commitment Talk, Importance/Confidence Rulers
ACTIVITY: Building a Plan

DAY 5

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
Motivational Interviewing Intentions
VIDEO: “My Father Hit Me

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

ACTIVITY: MI Second Brain
Debrief activity
Motivational Interviewing Resources