

Advanced Motivational Interviewing Online Course

## <u>DAY 1</u>

10:00 AM-11:00 AM			ACTIVITY: Tipping the Balance
	JIZ & AGENDA MAPPING: What have you		Debrief Activity
	arned about MI & what do you want to	11:00 AM – 11:05 AN	
	arn?		BREAK
	undational Reorientation to Motivational	11:05 AM – 12:00 PI	
	erviewing		Strategies of Motivational Interviewing
	sistance vs. Ambivalence		Praise vs. Affirmations
_	mpliance vs. Long-term Behavior Change		ACTIVITY: Types of 'Talk'
11:00 AM - 11:05 AM			
	REAK		<u>DAY 4</u>
11:05 AM -12:00 PM		10:00 AM-11:00 AM	
	ghting Reflex, Equipoise, Resistance		QUIZ: What have you learned & how it
	pathy Expressed with Strategic Reflections		applies
	CTIVITY: Hot Topic		Strategies of Motivational Interviewing
	brief Activity		Strategically Responding to Change Talk a
	CTIVITY: Questions to Reflections		Sustain Talk
	brief Activity		VIDEO: "Non-verbal man" - Part 2
	-	11:00 AM - 11:05 AM	
	<u>DAY 2</u>		BREAK
10:00 AM-11:00 AM		11:05 AM -12:00 PM	
	JIZ: What have you learned & how it		Motivational Interviewing Approach
	plies		3 <sup>rd</sup> MI Process: PLAN
	otivational Interviewing Approach		Commitment Talk, Importance/Confidence
	MI Process: FOCUS		ACTIVITY: Building a Plan
11:00 AM – 11:05 AM			DAY 5
	REAK	10:00 AM-11:00 AM	
11:05 AM -12:00 PM		10.00 AM-11.00 AM	QUIZ: What have you learned & how it
	DEOS: 'Dear Me,' series		applies
	CTIVITY: Tower to Values		Motivational Interviewing Intentions
De	brief Activity		VIDEO: "My Father Hit Me
		11:00 AM - 11:05 AM	•
	<u>DAY 3</u>		BREAK
10:00 AM-11:00 AM		11:05 AM -12:00 PM	BREAK
	JIZ: What have you learned & how it		ACTIVITY: MI Second Brain
	plies		Debrief activity
St	rategies of Motivational Interviewing	I	Motivational Interviewing Resources

of Motivational Interviewing Affirmations Types of 'Talk' DAY 4 at have you learned & how it of Motivational Interviewing y Responding to Change Talk and on-verbal man" - Part 2 al Interviewing Approach ss: PLAN nt Talk, Importance/Confidence Rulers Building a Plan

**Decisional Balance** 

## DAY 5

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	ACTIVITY: MI Second Brain
	Debrief activity
	Motivational Interviewing Resources