



Motivational Interviewing Refresher Online Course

DAY 1

10:00 AM-11:00 AM

**QUIZ & AGENDA MAPPING: What have you learned about MI & still want to learn?
Foundational Reorientation to MI
Compliance vs. Long-term Behavior Change
ACTIVITY: Teacher/Mentor**

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

**Motivational Interviewing Intentions
Stages of Change (SOC)
Empathy, Righting Reflex, Equipoise, Resistance
ACTIVITY: Questions to Reflections
Strategic Reflections
ACTIVITY: Hot Topic
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
VIDEOS: 'Dear Me,' series**

11:00 AM – 11:05 AM

BREAK

11:05 AM -12:00 PM

**ACTIVITY: Tipping the Balance with Values
Debrief Activity
Types of Talk**

DAY 3

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies

**Motivational Interviewing Approach
Strategic Reflections – Types of 'Talk
VIDEO: "My Father Hit Me"**

11:00 AM – 11:05 AM

BREAK

11:05 AM – 12:00 PM

**Motivational Interviewing Approach
3rd MI Process: PLAN
Importance/Confidence Rulers, Change Balloon
ACTIVITY: Building a Plan**

DAY 4

10:00 AM-11:00 AM

**QUIZ: What have you learned & how it applies
Motivational Interviewing Approach
4th MI Process: PURSUE
Praise vs. Affirmations**

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

**ACTIVITY: Praise vs. Affirmation
Debrief Activity**

DAY 5

10:00 AM-11:00 AM

**QUIZ: What have you learned & how it applies
Motivational Interviewing Intentions
VIDEO: "The Method"**

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

**ACTIVITY: MI Second Brain
Debrief activity
Motivational Interviewing Resources/Fidelity**