



## Advanced Motivational Interviewing

### DAY 1

<b>9:00 – 10:30</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• Resistance vs. Ambivalence</li> <li>• Self Determination Theory - cont.</li> <li>• Equipoise - cont.</li> <li>• ACTIVITY: Hot Topic</li> </ul>
<b>10:30 – 10:45</b>	<b>BREAK</b>
<b>10:45 – 12:00</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• 2nd MI Process: FOCUS</li> <li>• VIDEOS: 'Dear Me,' series</li> <li>• ACTIVITY: Famous Quotes</li> </ul>
<b>12:00 – 1:00</b>	<b>LUNCH</b>
<b>1:00 – 2:30</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• ACTIVITY: Tower of Values</li> <li>• Decisional Balance - cont.</li> <li>• ACTIVITY: Tipping the Balance</li> </ul>
<b>2:30 – 2:45</b>	<b>Break</b>
<b>2:45 – 4:30</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• OARS Skills</li> <li>• CLICKERS: OARS Quiz</li> </ul>

### DAY 2

<b>9:00 – 10:30</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• QUIZ: What have you learned &amp; how it applies</li> <li>• ACTIVITY: Coding "Rounder" video</li> <li>• CLICKERS: Coding "Rounder" video</li> </ul>
<b>10:30 – 10:45</b>	<b>BREAK</b>
<b>10:45 – 12:00</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• Using your OARS</li> <li>• VIDEO: MI w/ Personality Disorder</li> </ul>
<b>12:00 – 1:00</b>	<b>LUNCH</b>
<b>1:00 – 2:30</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• Using your OARS - cont.</li> <li>• CLICKERS: Types of Talk</li> <li>• Listening for Change Talk</li> <li>• Turning Questions to Reflections</li> </ul>
<b>2:30 – 2:45</b>	<b>Break</b>
<b>2:45 – 4:30</b>	<b>Strategies of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• ACTIVITY: Reflections Practice Worksheet</li> <li>• ACTIVITY: Reflections Zipper</li> <li>• Building a Plan</li> <li>• ACTIVITY: MI Second Brain</li> </ul>