



## Introduction to Motivational Interviewing

### DAY 1

9:00 – 10:00	<b>Foundations of Motivational Interviewing</b> <ul style="list-style-type: none"> <li>• Change research</li> <li>• <b>ACTIVITY:</b> Client experience “MI Spirit”</li> <li>• Self Determination Theory</li> </ul>
10:00 – 10:45	<b>Stages of Change</b> <ul style="list-style-type: none"> <li>• SOC</li> <li>• <b>ACTIVITY:</b> What’s Your Challenge</li> </ul>
10:45 – 11:00	<b>BREAK</b>
11:00 – 12:00	<b>Stages of Change – cont.</b> <ul style="list-style-type: none"> <li>• <b>CLICKERS:</b> Quiz on SOC</li> </ul>
12:00 – 1:00	<b>LUNCH</b>
1:00 – 2:30	<b>Motivational Interviewing Approach</b> <ul style="list-style-type: none"> <li>• Stage matching</li> <li>• Four MI processes overview</li> <li>• <b>ACTIVITY:</b> “Find a Therapist _ ”</li> <li>• Roadblock to effective communication</li> <li>• Equipoise, Righting Reflex, Resistance</li> <li>• <b>ACTIVITY:</b> “Resistance vs. Engagement”</li> </ul>
2:30 – 2:45	<b>Break</b>
2:45 – 4:30	<b>Motivational Interviewing Approach</b> <ul style="list-style-type: none"> <li>• Reflective Listening</li> <li>• <b>VIDEO:</b> “Non-verbal client” - part 1</li> <li>• Strategic Reflections</li> <li>• <b>ACTIVITY:</b> Reflections practice</li> </ul>

### DAY 2

9:00 – 10:30	<b>Motivational Interviewing Approach</b> <ul style="list-style-type: none"> <li>• <b>QUIZ:</b> What have you learned &amp; how it applies</li> <li>• Strategic Reflections – Empathy vs. Direction</li> <li>• Types of ‘Talk’</li> </ul>
10:30 – 10:45	<b>BREAK</b>
10:45 – 12:00	<b>Motivational Interviewing Approach</b> <ul style="list-style-type: none"> <li>• <b>CLICKERS:</b> Resistance vs. Sustain Talk</li> <li>• <b>ACTIVITY:</b> Pitching/Batting practice</li> </ul>
12:00 – 1:00	<b>LUNCH</b>
1:00 – 2:30	<b>Motivational Interviewing Approach</b> <ul style="list-style-type: none"> <li>• Decisional Balance</li> <li>• <b>VIDEO:</b> “Non-verbal client” - part 2</li> <li>• Focus mountain</li> </ul>
2:30 – 2:45	<b>Break</b>
2:45 – 4:30	<b>Motivational Interviewing Approach</b> <ul style="list-style-type: none"> <li>• <b>ACTIVITY:</b> Strategic reflections (pairs)</li> <li>• <b>VIDEO:</b> “Rounder”</li> <li>• <b>ACTIVITY:</b> Now Try This _</li> </ul>