



Motivational Interviewing and Trauma Informed Care In-Person Course

COURSE LEARNING OBJECTIVES

- Recognize what leads to trauma and trauma’s impact on the brain and how Motivational Interviewing impacts these changes
- Recognize and describe the stages of change and readiness for change
- Identify how “Equipose” affects the Motivational Interviewing process
- Begin to distinguish the 4 types of talk you hear in behavior change conversations

Day 1

9:00 AM-10:10 AM

**ACTIVITY: Client Experience “MI Spirit”
Communication Roadblocks
Foundations of Motivational Interviewing
Change research
ACTIVITY: What’s Your Challenge**

10:10 AM – 10:20 AM BREAK

10:20 AM – 11:30 AM

**Stages of Change (SOC)
Righting Reflex, Equipose, Resistance
SOC - Continued
CLICKERS: Quiz on SOC**

11:30 AM-12:30 PM Lunch

12:30 PM – 1:40 PM

**Motivational Interviewing Approach
Engage, Empathy v. Sympathy v. Compassion
Strategic Reflections – Empathy vs. Direction**

1:40 PM – 1:50 PM BREAK

1:50 PM – 3:10 PM

**VIDEO: “Non-verbal Man” - Part 1
ACTIVITY: Questions to Reflections
ACTIVITY: Pitching/Batting Practice
Debrief Activity**

3:10 PM – 3:20 PM BREAK

3:20 PM – 4:00 PM

**Types of ‘Talk’ - Resistance vs. Sustain
CLICKERS: Resistance vs. Sustain Talk
Types of ‘Talk’ - Change & Commitment**

Day 2

9:00 AM-10:10 AM

**Focus Mountain
VIDEO: “My Father Hit Me”**

10:10 AM – 10:20 AM BREAK

10:20 AM-11:30 PM

**QUIZ: What have you learned & how it applies
VIDEO: “Non-verbal man” - Part 2
Motivational Interviewing Approach
Strategic Reflections – Types of ‘Talk’
ACTIVITY: Strategic Reflections – Types of ‘Talk’
Debrief Activity**

11:30 AM – 12:30 AM Lunch

12:30 AM – 4:00 PM (1-2 Breaks TBD)

**Focus Mountain
Motivational Interviewing Intentions
ACTIVITY: Now Try This
Debrief Activity
Motivational Interviewing Resources**