



Introduction to Motivational Interviewing Online Course

COURSE LEARNING OBJECTIVES:

- Recognize the stages of change to assess readiness to change
- Identify how Equipose affects the Motivational Interviewing Process
- Deepen your empathy skills via strategic reflective statements
- Recognize resistance talk, sustain talk and change talk
- Decrease resistance and increase engagement

Day 1 (2.5 Hours)

- **ACTIVITY:** Client Experience “MI Spirit”
Communication Roadblocks Foundations of Motivational Interviewing Change research
- **ACTIVITY:** What’s Your Challenge
- Stages of Change (SOC)
- Righting Reflex, Equipose, Resistance SOC - Continued
- **CLICKERS:** Quiz on SOC

DAY 2 (2.5 Hours)

- **QUIZ:** What have you learned & how it applies
- Motivational Interviewing Approach
- Engage, Empathy v. Sympathy v. Compassion Strategic Reflections – Empathy vs. Direction
- **VIDEO:** “Non-verbal Man” Part 1
- **ACTIVITY:** Questions to Reflections

DAY 3 (2.5 Hours)

- **QUIZ:** What have you learned & how it
- **ACTIVITY:** Pitching/Batting Practice
- Types of ‘Talk’ - Resistance vs. Sustain
- **CLICKERS:** Resistance vs. Sustain Talk Types of ‘Talk’ - Change & Commitment
- Focus Mountain
- **VIDEO:** “My Father Hit Me”

DAY 4 (2.5 Hours)

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