



**Advanced Motivational Interviewing Online Course**

**DAY 1**

**10:00 AM-11:00 AM**

**QUIZ & AGENDA MAPPING: What have you learned about MI & what do you want to learn?**  
**Foundational Reorientation to Motivational Interviewing**  
**Resistance vs. Ambivalence**  
**Compliance vs. Long-term Behavior Change**

**11:00 AM - 11:05 AM**

**BREAK**

**11:05 AM -12:00 PM**

**Righting Reflex, Equipoise, Resistance**  
**Empathy Expressed with Strategic Reflections**  
**ACTIVITY: Hot Topic**  
**Debrief Activity**  
**ACTIVITY: Questions to Reflections**  
**Debrief Activity**

**DAY 2**

**10:00 AM-11:00 AM**

**QUIZ: What have you learned & how it applies**  
**Motivational Interviewing Approach**  
**2<sup>nd</sup> MI Process: FOCUS**

**11:00 AM – 11:05 AM**

**BREAK**

**11:05 AM -12:00 PM**

**VIDEOS: ‘Dear Me,’ series**  
**ACTIVITY: Tower to Values**  
**Debrief Activity**

**DAY 3**

**10:00 AM-11:00 AM**

**QUIZ: What have you learned & how it applies**  
**Strategies of Motivational Interviewing**

**Decisional Balance**

**ACTIVITY: Tipping the Balance**  
**Debrief Activity**

**11:00 AM – 11:05 AM**

**BREAK**

**11:05 AM – 12:00 PM**

**Strategies of Motivational Interviewing**  
**Praise vs. Affirmations**  
**ACTIVITY: Types of ‘Talk’**

**DAY 4**

**10:00 AM-11:00 AM**

**QUIZ: What have you learned & how it applies**  
**Strategies of Motivational Interviewing**  
**Strategically Responding to Change Talk and Sustain Talk**  
**VIDEO: “Non-verbal man” - Part 2**

**11:00 AM - 11:05 AM**

**BREAK**

**11:05 AM -12:00 PM**

**Motivational Interviewing Approach**  
**3<sup>rd</sup> MI Process: PLAN**  
**Commitment Talk, Importance/Confidence Rulers**  
**ACTIVITY: Building a Plan**

**DAY 5**

**10:00 AM-11:00 AM**

**QUIZ: What have you learned & how it applies**  
**Motivational Interviewing Intentions**  
**VIDEO: “My Father Hit Me**

**11:00 AM - 11:05 AM**

**BREAK**

**11:05 AM -12:00 PM**

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