



Introduction to Motivational Interviewing Online Course

DAY 1

10:00 AM-11:00 AM

ACTIVITY: Client Experience “MI Spirit”
 Communication Roadblocks
 Foundations of Motivational Interviewing
 Change research

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

ACTIVITY: What’s Your Challenge
 Stages of Change (SOC)
 Righting Reflex, Equipoise, Resistance
 SOC - Continued
 CLICKERS: Quiz on SOC

DAY 2

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
 Motivational Interviewing Approach
 Engage, Empathy v. Sympathy v. Compassion

11:00 AM – 11:05 AM

BREAK

11:05 AM -12:00 PM

Strategic Reflections – Empathy vs. Direction
VIDEO: “Non-verbal Man” - Part 1
ACTIVITY: Questions to Reflections

DAY 3

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
ACTIVITY: Pitching/Batting Practice
 Motivational Interviewing Approach
 Types of ‘Talk’ - Resistance vs. Sustain
 CLICKERS: Resistance vs. Sustain Talk

11:00 AM – 11:05 AM

BREAK

11:05 AM – 12:00 PM

Types of ‘Talk’ - Change & Commitment
 Motivational Interviewing Approach
 Focus Mountain
VIDEO: “My Father Hit Me”

DAY 4

10:00 AM-11:00 AM

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

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

ACTIVITY: Strategic Reflections – Types of ‘Talk’
 Debrief Activity
 Focus Mountain

DAY 5

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
 Motivational Interviewing Intentions
VIDEO: “The Method”

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

ACTIVITY: Now Try This
 Debrief Activity
 Motivational Interviewing Resources