



Motivational Interviewing Refresher Online Course

DAY 1

10:00 AM-11:00 AM

QUIZ & AGENDA MAPPING: What have you learned about MI & still want to learn?
Foundational Reorientation to MI
 Compliance vs. Long-term Behavior Change
ACTIVITY: Teacher/Mentor

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

Motivational Interviewing Intentions
Stages of Change (SOC)
 Empathy, Righting Reflex, Equipoise, Resistance
ACTIVITY: Questions to Reflections
 Strategic Reflections
ACTIVITY: Hot Topic
 Debrief Activity

DAY 2

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
Motivational Interviewing Approach
 2nd MI Process: FOCUS
 VIDEOS: 'Dear Me,' series

11:00 AM – 11:05 AM

BREAK

11:05 AM -12:00 PM

ACTIVITY: Tipping the Balance with Values
 Debrief Activity
 Types of Talk

DAY 3

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies

Motivational Interviewing Approach
 Strategic Reflections – Types of 'Talk'
VIDEO: "My Father Hit Me"

11:00 AM – 11:05 AM

BREAK

11:05 AM – 12:00 PM

Motivational Interviewing Approach
 3rd MI Process: PLAN
 Importance/Confidence Rulers, Change Balloon
ACTIVITY: Building a Plan

DAY 4

10:00 AM-11:00 AM

QUIZ: What have you learned & how it applies
Motivational Interviewing Approach
 4th MI Process: PURSUE
 Praise vs. Affirmations

11:00 AM - 11:05 AM

BREAK

11:05 AM -12:00 PM

ACTIVITY: Praise vs. Affirmation
 Debrief Activity

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: MI Second Brain
 Debrief activity
Motivational Interviewing Resources/Fidelity