



Advanced Motivational Interviewing

DAY 1

9:00 – 10:30	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • Resistance vs. Ambivalence • Self Determination Theory - cont. • Equipoise - cont. • ACTIVITY: Hot Topic
10:30 – 10:45	BREAK
10:45 – 12:00	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • 2nd MI Process: FOCUS • VIDEOS: 'Dear Me,' series • ACTIVITY: Famous Quotes
12:00 – 1:00	LUNCH
1:00 – 2:30	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • ACTIVITY: Tower of Values • Decisional Balance - cont. • ACTIVITY: Tipping the Balance
2:30 – 2:45	Break
2:45 – 4:30	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • OARS Skills • CLICKERS: OARS Quiz

DAY 2

9:00 – 10:30	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • QUIZ: What have you learned & how it applies • ACTIVITY: Coding "Rounder" video • CLICKERS: Coding "Rounder" video
10:30 – 10:45	BREAK
10:45 – 12:00	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • Using your OARS • VIDEO: MI w/ Personality Disorder
12:00 – 1:00	LUNCH
1:00 – 2:30	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • Using your OARS - cont. • CLICKERS: Types of Talk • Listening for Change Talk • Turning Questions to Reflections
2:30 – 2:45	Break
2:45 – 4:30	Strategies of Motivational Interviewing <ul style="list-style-type: none"> • ACTIVITY: Reflections Practice Worksheet • ACTIVITY: Reflections Zipper • Building a Plan • ACTIVITY: MI Second Brain