



## Advanced Motivational Interviewing Online Course

### COURSE LEARNING OBJECTIVES:

- Differentiate the 4 processes of Motivational Interviewing
- Navigating the Physics of Communication
- Strategically responding to Change talk
- Discover the Motivational Interviewing Coding process

#### DAY 1 (2.5 Hours)

- What have you learned about MI & what do you want to learn?
- Foundational Reorientation to Motivational Interviewing
- Primary Goals
- Compliance vs. Long-term Behavior Change Self Determination Theory
- Equipose, Righting Reflex, & Resistance  
ACTIVITY: Hot Topic
- Debrief Activity

#### DAY 2 (2.5 Hours)

- QUIZ: What have you learned & how it applies
- Motivational Interviewing Approach 2<sup>nd</sup> MI Process: FOCUS
- VIDEOS: “Dear Me” series
- ACTIVITY: Famous Quotes &/or Tower to Values Debrief Activity

#### DAY 3 (2.5 Hours)

- QUIZ: What have you learned & how it applies
- Decisional Balance
- ACTIVITY: Tipping the Balance Debrief Activity
- Strategies of Motivational Interviewing Praise vs. Affirmations
- ACTIVITY: Types of ‘Talk
- Strategically Responding to Change Talk and Sustain Talk
- VIDEO: choice depending on group

#### DAY 4 (2.5 Hours)

- QUIZ: What have you learned & how it applies
- Motivational Interviewing Intentions VIDEO: “My Father Hit Me
- ACTIVITY: MI Second Brain Debrief activity
- Motivational Interviewing Resources