



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
- Equipoise, Righting Reflex, & Resistance
- ACTIVITY: Hot Topic
- Debrief Activity

DAY 2 (2.5 Hours)

- QUIZ: What have you learned & how it applies
- Motivational Interviewing Approach 2nd 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