



## Motivational Interviewing and Trauma Informed Care

### COURSE LEARNING OBJECTIVES

- Recognize what leads to trauma and trauma's impact on the brain and how Motivational Interviewing impacts these changes
- Recognize and describe the stages of change and readiness for change
- Identify how "Equipoise" affects the Motivational Interviewing process
- Begin to distinguish the 4 types of talk you hear in behavior change conversations

#### Day 1 (2.5 Hours)

- **ACTIVITY:** Client Experience "MI Spirit" Communication Roadblocks Foundations of Motivational Interviewing Change research
- **ACTIVITY:** What's Your Challenge
- Stages of Change (SOC)
- Righting Reflex, Equipoise, Resistance SOC - Continued
- **CLICKERS:** Quiz on SOC

#### DAY 2 (2.5 Hours)

- **QUIZ:** What have you learned & how it applies
- Motivational Interviewing Approach
- Engage, Empathy v. Sympathy v. Compassion Strategic Reflections – Empathy vs. Direction
- **VIDEO:** "Non-verbal Man" - Part 1 **ACTIVITY:** Questions to Reflections

#### Day 3 (2.5 Hours)

- **QUIZ:** What have you learned & how it
- **ACTIVITY:** Pitching/Batting Practice Types of 'Talk' - Resistance vs. Sustain
- **CLICKERS:** Resistance vs. Sustain Talk Types of 'Talk' - Change & Commitment
- Focus Mountain
- **VIDEO:** "My Father Hit Me"

#### Day 4 (2.5 Hours)

- **QUIZ:** What have you learned & how it applies
- **VIDEO:** "Non-verbal man" - Part 2 Motivational Interviewing Approach Strategic Reflections – Types of 'Talk'
- **ACTIVITY:** Strategic Reflections – Types of 'Talk' Debrief Activity
- Focus Mountain
- Motivational Interviewing Intentions **ACTIVITY:** Now Try This
- Debrief Activity
- Motivational Interviewing Resources