

Motivational Interviewing

DAY 1 Outline

February 13, 2018

8:30 am – 9:00 am	Introduction and Overview
9:00 am – 10:30 am	Intro to Concepts of Motivation and Change
10:30 am – 10:45 am	Break
10:45 am – 12:00 pm	The “Spirit” of MI and the righting reflex
12:00 pm – 1:00 pm	Lunch on your own
1:00 pm – 2:45 pm	MI Techniques and its processes
2:45 pm – 3:00 pm	Break
3:00 pm – 4:15 pm	Recognizing and responding to “Change Talk.”
4:15 pm – 4:30 pm	Questions/Wrap up

Motivational Interviewing

DAY 2 Outline

February 27, 2018

(Second day of training is a half-day. Two identical half-day sessions will be held.)

**8:30 am – 9:00 am OR
1:00 pm – 1:30 pm** Introductions and Feedback from Day 1 and Practice
Today's Training/Practice Goals

**9:00 am – 10:00 am OR
1:30 pm – 2:30 pm** Levels of Reflection Review/Practice
Cascading Skills/OARS – All together Practice

**10:00 am – 10:15 am OR
2:30 pm – 2:45 pm** Break

**10:15 am – 11:15 am OR
2:45 pm – 3:45 pm** MI Traps and Rolling with Resistance
Righting Reflex

**11:15 am – 12:15 pm OR
3:45 pm – 4:45 pm** Strategies for Eliciting Change Talk
Developing Change Plans

**12:15 am – 12:30 pm OR
4:45 pm – 5:00 pm** Wrap Up/Evaluations