

Introduction to Motivational Interviewing Outline
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Day 1

<u>Time</u>	<u>Activity</u>
8:30am – 9:00am	Introductions/Objectives
9:00am - 9:30am	Two Styles Exercise
9:30am – 10:15am	What is Motivational Interviewing? Concepts of Guiding Style, Motivation and listening for change.
10:15am – 10:30am	Break
10:30am-11:15am	Change Plan/Stages of Change
11:15am – 11:30am	Spirit of MI – Relational Aspect
11:30am – 12:00pm	Video & Thoughts
12:00am-1:00pm	Lunch Break
1:00pm – 1:45pm	Processes & Practice: Engaging/Focusing
1:45pm – 2:00pm	Ambivalence
2:00pm- 2:15pm	Break
2:15pm – 3:30pm	Processes & Practice: Evoking/Planning
3:30pm – 4:00pm	Sustain Talk/Discord
4:00pm – 4:30	Wrap – Up: Questions, Comments

Day 2

Group 1

<u>Time</u>	<u>Activity</u>
8:30am – 9:00am	Introductions/Objectives
9:00am – 10:00am	Reflective Listening Practice
10:00am – 10:15am	Break
10:15am-10:45am	Engaging: OARS Practice
10:45am-11:00am	Focusing: Bubble Sheet/EPE Practice
11:00am-11:45am	Evoking: Identifying & Responding to Change Talk
11:45am-12:15pm	Planning: Change Plan
12:15pm-12:30pm	Wrap Up/Post Test/Questions.

Group 2

<u>Time</u>	<u>Activity</u>
1:00pm – 1:30pm	Introductions/Objectives
1:30pm – 2:30pm	Reflective Listening Practice
2:30pm – 2:45pm	Break
2:45am-3:15pm	Engaging: OARS Practice
3:15pm-3:30pm	Focusing: Bubble Sheet/EPE Practice
3:30pm-4:15pm	Evoking: Identifying & Responding to Change Talk
4:15pm-4:45pm	Planning: Change Plan/Putting it together
4:45pm-5:00pm	Wrap Up/Post Test/Questions.