

Introduction to Motivational Interviewing

Rosemarie C. Sachs, LMFT, member of MINT, Inc.

Learning Objectives

- Describe the principles and foundations of Motivational Interviewing
- Identify benefits of using MI with people receiving BHS services
- List the stages of change
- Apply MI at each stage of change
- Apply MI principles and techniques in treatment
- Integrate MI techniques into current practice
- Respond to sustain talk and discord

Time

Activity

8:30am – 8:45am

Introductions/Objectives

8:45am – 10:15am

Two Styles Exercise

What is Motivational Interviewing? Concepts of Guiding Style, Motivation and listening for change.

10:15am – 10:30am

Break

10:30am-12:00pm

Change Plan/Stages of Change

Spirit of MI – Relational Aspect

Video & Thoughts

12:00pm-2:00pm

Lunch

Processes & Practice: Engaging/Focusing

Ambivalence

2:00pm- 2:15pm

Break

2:15pm – 4:00pm

Processes & Practice: Evoking/Planning

Sustain Talk/Discord

4:00pm – 4:30pm

Wrap – Up: Questions, Comments.

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Group 1

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

Group 2

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