Motivational Interviewing for Justice-Involved Populations
Igor Koutsenok, MD, MS

Learning Objectives

- Demonstrate the ability to respond to individuals with reflective listening statements
- Describe all the aspects of the spirit of MI
- Identify the differences between MI and other counseling strategies
- Identify, elicit, and reinforce change talk within an individual's speech.
- Understand the basic and intermediate skills in motivational interviewing
- Apply MI skills in the context of criminal-justice environments, understanding systemic limitations

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 am – 8:30 am</td>
<td>Sign-in</td>
</tr>
<tr>
<td>8:30am – 9:00am</td>
<td>Introductions/Objectives</td>
</tr>
<tr>
<td>9:00am – 10:15am</td>
<td>Two Styles Exercise</td>
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<tr>
<td>10:15am – 10:30am</td>
<td>Break</td>
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<tr>
<td>10:30am- 12:00pm</td>
<td>Change Plan/Stages of Change</td>
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<td>Spirit of MI – Relational Aspect</td>
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<tr>
<td>12:00pm- 1:00pm</td>
<td>Lunch</td>
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<tr>
<td>1:00pm – 2:00pm</td>
<td>Processes &amp; Practice: Engaging/Focusing</td>
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<td>Ambivalence</td>
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<td>2:00pm- 2:15pm</td>
<td>Break</td>
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<tr>
<td>2:15pm – 4:00pm</td>
<td>Processes &amp; Practice: Evoking/Planning</td>
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<td>Sustain Talk/Discord</td>
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<tr>
<td>4:00pm – 4:30pm</td>
<td>Wrap – Up: Questions, Comments</td>
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Creating experiences that transform the heart, mind and practice
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<td>8:00 am – 8:30 am</td>
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<tr>
<td>8:30 am – 10:00 am</td>
<td>Reflective Listening Practice</td>
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<tr>
<td>10:00 am – 10:15 am</td>
<td>Break</td>
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<tr>
<td>10:15 am – 12:15 pm</td>
<td>Engaging OARS Practice</td>
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<td></td>
<td>Focusing: Bubble Sheet/EPE Practice</td>
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<td></td>
<td>Evoking: Identifying &amp; Responding to Change Talk</td>
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<tr>
<td></td>
<td>Planning: Change Plan</td>
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<tr>
<td>12:15 pm – 12:30 pm</td>
<td>Wrap Up/Post Test/Questions</td>
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<tr>
<td><strong>Group 2</strong></td>
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<tr>
<td>12:30 pm – 1:00 pm</td>
<td>Sign-in</td>
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<tr>
<td>1:00 pm – 2:30 pm</td>
<td>Reflective Listening Practice</td>
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<tr>
<td>2:30 pm – 2:45 pm</td>
<td>Break</td>
</tr>
<tr>
<td>2:45 pm – 4:45 pm</td>
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<td>4:45 pm – 5:00 pm</td>
<td>Wrap Up/Post Test/Questions</td>
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