

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

Time

Activity

8:00 am – 8:30 am

Sign-in

8:30am – 9:00am

Introductions/Objectives

9:00am – 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- 1:00pm

Lunch

1:00pm – 2:00pm

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.

Motivational Interviewing for Justice-Involved Populations

Igor Koutsenok, MD, MS

<i>Time</i>	<i>Activity</i>
Group 1	
8:00 am – 8:30 am	Sign-in
8:30 am – 10:00 am	Reflective Listening Practice
10:00 am – 10:15 am	Break
10:15 am – 12:15 pm	Engaging OARS Practice
	Focusing: Bubble Sheet/EPE Practice
	Evoking: Identifying & Responding to Change Talk
	Planning: Change Plan
12:15 pm – 12:30 pm	Wrap Up/Post Test/Questions
Group 2	
12:30 pm – 1:00 pm	Sign-in
1:00 pm – 2:30 pm	Reflective Listening Practice
2:30 pm – 2:45 pm	Break
2:45 pm – 4:45 pm	Engaging OARS Practice
	Focusing: Bubble Sheet/EPE Practice
	Evoking: Identifying & Responding to Change Talk
	Planning: Change Plan
4:45 pm – 5:00 pm	Wrap Up/Post Test/Questions