

MOTIVATIONAL INTERVIEWING FOR JUSTICE-INVOLVED POPULATIONS: ADVANCED SKILLS TRAINING

Igor Koutsenok, MD

Learning Objectives

- Formulate complex reflections in order to assist an individual's exploration of their own motivation for change in the context of justice-involvement
- Integrate advanced skills with various criminal justice work settings and participant populations
- Differentiate between change talk, sustain talk, and commitment language
- Identify strategic directional MI skills when responding to languages including: Discord, Ambivalence, Sustain Talk, and Change Talk
- Demonstrate ways of evoking commitment to target behavior change
- Apply the basic four skills differentially in each of the four processes of MI to support an individual's goal to change

<i>Time</i>	<i>Activity</i>
8:00 am – 8:30 am	Sign-in
8:30am – 9:30am	Introductions/Objectives/Engage
9:30am – 10:30am	Review Guiding Styles of Communication
10:30am - 10:45am	Break
10:45am - 12:00pm	Engaging Process and Reflective Listening
12:00pm - 1:00pm	Lunch
1:00pm – 2:30pm	Ambivalence and MI Spirit Focusing Process Evoking Process
2:30pm - 2:45pm	Break
2:45pm – 4:20pm	Evoking Process - continued Discord and Sustain talk Planning
4:20pm - 4:30pm	Conclusion and Review