

Motivational Interviewing: Advanced Skills Training

Rosemarie Campos Sachs, LMFT, Member of MINT

Learning Objectives

- Formulate complex reflections in order to assist an individual's exploration of their own motivation for change
- Demonstrate at least two skills to address sustain talk and discord
- Elicit and build momentum toward commitment language that favors positive health and/or behavior change
- Identify strategic directional MI skills when responding to languages including: Discord, Ambivalence, Sustain Talk, and Change Talk
- 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	<u>Sign-in</u>
8:30am – 9:30am	<u>Introductions/Objectives/Engage</u> and set goals for the training
9:30am – 10:30am	<u>Review</u> Table talks to review MI basics collaboratively <u>Guiding Styles of Communication</u> Four Processes & Video of two examples
10:30am - 10:45am	<u>Break</u>
10:45am - 12:00pm	<u>Engaging Process and Reflective Listening</u> Reflective Listening Model Review Simple Reflections vs. Complex Video examples Written Exercises Complex Reflections – groups of 6
12:00pm - 1:00pm	<u>Lunch</u>

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1:00pm – 2:30pm

Ambivalence and MI Spirit

Reflections on 2-styles video from MI perspective

Focusing Process

Open Ended Questions

Evoking Process

Recognize Change Talk

Responding to Change Talk

Summaries in Evoking

2:30pm - 2:45pm

Break

2:45pm – 4:20pm

Evoking Process - continued

Eliciting change talk

Practice

Discord and Sustain talk

Recognize discord and sustain talk

Videos

Practice

Planning

MI Change Plan

4:20pm - 4:30pm

Conclusion and Review