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

Time     Activity

8:00 am – 8:30 am    Sign-in
8:30am – 9:30am      Introductions/Objectives/Engage and set goals for the training
9:30am – 10:30am     Review
                      Table talks to review MI basics collaboratively
                      Guiding Styles of Communication
                      Four Processes & Video of two examples
10:30am - 10:45am    Break
10:45am - 12:00pm    Engaging Process and Reflective Listening
                      Reflective Listening Model Review
                      Simple Reflections vs. Complex
                      Video examples
                      Written Exercises
                      Complex Reflections – groups of 6
12:00pm - 1:00pm     Lunch

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Motivational Interviewing: Advanced Skills Training
Rosemarie Campos Sachs, LMFT, Member of MINT

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**