

Introduction to Motivational Interviewing

Rosemarie C. Sachs, LMFT, member of MINT, Inc.

- Describe the foundations of Motivational Interviewing.
- Identify the stages of change as they relate to substance use and apply MI when appropriate.
- Use the four elements of the MI spirit to maintain a collaborative working relationship with individuals engaged in substance use.
- Use the four core skills of MI to focus your understanding of the needs of the person you are working with.
- Identify the four processes of MI and utilize as the conversation road map.
- Distinguish between and respond to sustain talk and discord.
- Identify opportunities to use the skill: Elicit-Provide-Elicit to share information.

Day 1: Overview

Time

Activity

8:00am – 8:30am

Sign-ins and Networking

8:30am – 9:00am

Introductions/Objectives

9:00am – 10:30am

Two Styles Exercise

What is Motivational Interviewing? Spirit of MI – Building Reflective Listening Skills

10:30am – 10:45am

Break

10:45am – 12:00pm

Guiding, Readiness to Change, MI & Change

Video & Thoughts

12:00pm – 1:00pm

Lunch

1:00pm – 2:30pm

Processes: Engaging/Focusing

Practice: OARS skills using ASAM (D1; EPE with ASAM assessment level of care

2:30pm – 2:45pm

Break

2:45pm – 3:15pm

Sustain Talk/Discord

3:15pm – 4:15pm

Processes: Evoking/ Planning

Practice: Identify & Respond to Change Talk using

ASAM (D4

4:15pm – 4:30pm

Wrap – Up: Questions, Comments

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Day 2 AM Skills Session

<i>Time</i>	<i>Activity</i>
8:30am – 10:00am	Sign In/Follow up on application/Review via video Ambivalence/Righting Reflex Exercise: Protagonist Engaging: Complex Reflections Exercise: ST to CT Groups
10:00am – 10:15am	Break
10:15am – 12:15pm	<i>Discord</i> Video: Rounder Exercise: Discord Circle <i>Engage and Focus</i> Exercise: Role Play Substance Use Vignette – Triad <i>Evoke/Discrepancy/Planning</i> Putting it all Together Exercise: Tag Team Consult Wrap-up/Questions
12:15pm-12:30pm	Post Test/Evaluation

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Day 2 PM Skills Session

<i>Time</i>	<i>Activity</i>
1:00pm – 2:30pm	Sign In/Follow up on application/Review via video Ambivalence/Righting Reflex Exercise: Protagonist Engaging: Complex Reflections Exercise: ST to CT Groups
2:30pm – 2:45pm	Break
2:45pm – 4:45pm	<i>Discord</i> Video: Rounder Exercise: Discord Circle <i>Engage and Focus</i> Exercise: Role Play Substance Use Vignette – Triad <i>Evoke/Discrepancy/Planning</i> Putting it all Together Exercise: Tag Team Consult Wrap-up/Questions
4:45pm – 5:00pm	Post Test/Evaluation