



## **Motivational Interviewing - Applied 1-day Training Learning Objectives & Daily Schedule**

### **Learning Objectives:**

- Practice using the four (4) basic engaging client-centered micro-skills (OARS) taught in Motivational Interviewing.
- Illustrate the differences between simple and complex reflections.
- Model focusing a Motivational Interviewing session.
- Demonstrate the ability to provide at least 50% reflective listening responses during a conversation.
- Demonstrate recognizing, evoking and responding to change talk to strengthen commitment to change.
- Demonstrate evoking a plan for change from the client drawing on the person's expertise.



**Daily Schedule:**

8:30	Sign-in and light breakfast
9:00 - 9:15	Introduction Housekeeping
9:15 - 9:25	Mindfulness Exercise
9:25 - 10:30	Overview of Motivational Interviewing Spirit and Tools Demonstration Practice & Feedback
10:30 - 10:45	Break
10:45 - 12:00	Client Centered MI Spirit & OARS Skills Focusing an MI Session Demonstration Practice & Feedback
12:00 - 1:00	Lunch
1:00 - 2:00	Identifying, Evoking & Responding to Change Talk Demonstration Practice & Feedback
2:00 - 2:30	Strengthening Change Talk Giving Feedback and Advice Demonstration Practice & Feedback
2:30 - 2:45	Break
2:45 - 3:30	Commitment & Planning (Key Questions) Demonstration Practice & Feedback
3:30 - 4:00	Resources, Q&A, Post-test, Evaluation