

Executive Summary
MOTIVATIONAL INTERVIEWING

Course Description

The Basic Motivational Interviewing (MI) Training will provide an overview of the philosophy and principles of MI, a summary of the research on MI to date, and the practical application of MI in substance abuse intervention. The training will utilize interactive discussion and training exercises to help participants understand and practice MI skills.

Target Audience

The target audience is those who are direct service providers (helpers in any profession: social work, nursing, medical etc), as well as supervisors and managers who may use the information to integrate MI into their system of care.

Outcome Objectives

1. Recognize and understand the Stages of Change conceptual model.
2. Develop an understanding of the connection between the Stages of Change and Motivational Interviewing.
3. Increase awareness of the body of research on MI effectiveness, specifically in substance abuse intervention
4. Develop an understanding of the principles and philosophy of Motivational Interviewing
5. Develop or increase skill in utilizing MI techniques with clients.
6. Obtain knowledge of a variety of ways to continue learnings in this area.

Ways that Supervisors can support the Transfer of Learning from the classroom to the job...

BEFORE the training, supervisors can:

1. Articulate and model a philosophical and practical adherence to evidence based practice with clients.
2. Articulate to, model for, and evaluate, all employees on treating all patients with dignity and respect, which is integral to the philosophy of MI. Demonstrate empathy and lack of judgment for clients; intervene with employees to assist them in doing the same.
3. Inform employees you will be asking for a review of new learning after completion.

AFTER the training, supervisors can:

1. Provide opportunities for follow up training in MI, including web based resources, books and journal articles.
2. Have trainee list the new information they learned while at the training.
3. Ask employees to develop a goal regarding MI competency; follow up at evaluation.