

INTRODUCTION TO MOTIVATIONAL INTERVIEWING

Introduction/Training Goals

- Who We Are and Why We're Here

MI Foundation: Creating Conditions for Change

- Definition and Spirit of MI
- MI Philosophy

Readiness to Change

- Stages of Change Model

Microskills: OARS

- Reflective Listening
- Summaries & Open Questions
- Affirmations

Change Talk

- What is Change Talk?
- Reinforcing Change Talk
- Strategies for Eliciting Change Talk

Responding to Resistance

- Resistance and the Status Quo

Closing

- Putting It All Together
- Evaluation/Post-Test