

Motivational Interviewing: From the Basics to Advanced Skills

1. *What topics are covered in the course?*

- The course covers motivational interviewing from the basic principles to advanced skills.
- The topics include the four components of the spirit of motivational interviewing, the four key “OARS” skills, and the four processes to guide people from initial discussions about change to committing, planning, and taking action to change.
- An important focus is on developing competency in the skills and processes of motivational interviewing so you can offer people an evidence-based, person-centered and strength-based approach to the self-change process.
- Outline
 - Overview of MI definition, development, and application
 - Three building blocks of MI: spirit, skills, process
 - Three styles: directing, following, guiding
 - Roadblocks to effective communication and MI practice
 - Introduction to and deliberate practice with OARS skills
 - Reflective learning: self-coding your own practice
 - How People Change: Change vs Sustain Talk (DARN-CAT)
 - The four processes of MI (engaging, focusing, evoking, planning)
 - Responding to change and sustain talk
 - Avoiding or responding to discord
 - Applying MI skills in the context of other change-implementation strategies

2. *What is the course format?*

- This is an online, self-paced course, so you need access to the internet and an email address.
- Course materials include:
 - Highly interactive online course using Instructure’s Canvas learning management system
 - 36-page handbook (pdf) with tips sheets, sample scripts, reminder cards, and tools used for motivational interviewing
- The course features a learn-by-doing format, so activities are designed to give you opportunities to learn, reflect, assess, evaluate, report, create, and act. There are no vast amounts of material to read, big exams to take, or papers to write.
- The course format has a rhythm that combines reading a page of text or watching a video, completing a 1–2 question quiz to reinforce learning, doing a hands-on, experiential exercise or survey, carrying out self-assessments of your work, and practicing your skills with others. The material is varied, and the assignments combine rigor with opportunities for reflection and introspection. Written feedback is provided throughout the course.
- We also conduct regular teleconferences to help you practice your coaching skills. Teleconferences are scheduled at different times during the week, so you should be able to find times that work for you. We can accommodate your schedule no matter where you live in the world. Our students have come from the USA, Europe, Asia, and the Middle East. You can participate in any calls you want and don’t have to commit to a particular time.

3. *What's the time commitment?*

- The course is designed to take approximately 30–40 hours, depending on how fast you work and how deeply you delve into the material.
- You can complete the course in as few as 8–10 weeks, and have up to 12 months to finish. We suggest you create a schedule that helps you make steady progress.

4. *What do I receive once I finish the course and what will I be able to do?*

- You will receive a certificate of completion from IWE.
- Continuing education credits are pending.
- You will possess solid motivational interviewing skills to help people move through the self-change process.

5. *Is there anything else I should know?*

- Our goal is for you to become as effect a guide for others on the journey toward change and to help people make changes in their lives that improve their well-being and increase their capacity to thrive.

In addition, we invite you to become an active participant in IWE's 3-pronged approach to personal and community transformation through training, implementation, and outcomes measurement. This means we hope you will:

- Commit to finishing the course within 5–6 months
- Keep us informed of how you're using your motivational interviewing skills by replying to very brief surveys we periodically send out to graduates
- Collect outcomes data using a simple online form
- Participate in a few brief calls (no more than 20 minutes each) to get your feedback about how you're applying your skills on the job or at home and in the community
- Use your network to help us get the word out about our program
- We would be glad to include your name and contact information on our website as a graduate from our MI training program. We also would include you as a contributor to any presentations or publications we create based on outcomes data you share with us.

We hope you'll join us for some great training that will help you gain more satisfaction in your work with others and help you help them make lasting change!

For more information, feel free to call: 201-833-4461, or email: dteplow@insituteforwellness.com.