



Motivational Interviewing (MI) Workshop The Spirit of MI & MI Basic Skills

Overview

Motivational Interviewing, as developed by William Miller, Ph.D. and Stephen Rollnick, Ph.D is a set of principles and strategies designed to increase motivation to change unhealthy behaviors. This 4-session MI workshop has been developed to introduce participants to the overall philosophy, or “spirit of MI” and to increase participant’s effectiveness when talking to patients about changing unhealthy behaviors, i.e. use of alcohol and other drugs, medication non-adherence, exercise, diet, etc. by adopting MI principles and strategies. Each session, building upon material covered in the previous session, includes time for skills practice.

Format

Four 1-hour sessions

Each one hour session includes:

- didactic PowerPoint presentations
- live and/or video demonstration of skills
- case discussions
- interactive exercises to practice MI skills and strategies, which are presented during the session

Goals

At the end of the four sessions, participants will be able to

- discuss the spirit of MI
- recognize when MI strategies are being employed
- use MI tools to enhance patient motivation to change, including
 - asking open ended questions
 - providing affirmations
 - reflective listening
 - summarizing
 - scaling
 - decisional balance

Trainer

Lee Ellenberg, MSW, LICSW is the Training Manager of the MASBIRT Training and Technical Assistance (TTA) Program at Boston Medical Center. He provides SBIRT and Motivational Interviewing training to diverse healthcare providers throughout Massachusetts and nationally. Previously, he was the Clinical Program Supervisor of the MASBIRT Program, and trained and supervised Health Promotion Advocates to provide SBIRT (Screening, Brief Intervention and Referral to Treatment) services in various healthcare settings.

Sample Curriculum

Session # 1:

- Introductions & Course Expectations 10 “
- The Nature of Motivation: 15”
What Do We Know About How/Why People Change?
- The Spirit of MI: MI Philosophy and Basic Strategies 25”
 - Didactic presentation
 - Video demonstration
 - Group exercise: Recognizing the Spirit of MI
- Wrap Up; Next Steps; Homework 5”

Handouts:

- Am I Doing This Right?
- Challenging Conversations: The Spirit of MI

Session #2

- Check-in 5”
 - Review homework
 - Experiences using MI
- MI Skills: OARS 45”
 - Open ended Questions; Definition, Practice
 - Affirmation: Milller/Rollnick video demonstration
 - Participant exercise (in dyads): Finding Affirmations
 - Reflective Listening: Simple Reflections
 - Video demo
 - It’s Not About The Nail
 - Everybody Loves Raymond
 - Participant exercise: Hypothesis Testing
 - Summarizing
- Wrap Up; Next Steps; Homework 5”

Handouts:

- OARS: 4 Strategies
- MI Principles

Session #3

- Check-in 5"
 - Review homework
 - MI experiences
- Reflective Listening (cont'd): Complex Reflections 55"
 - Video demonstrations: Miller / Rollnick didactic video
YouTube demonstration: DUI Client
- Identifying Change Talk
 - DARN CAT
 - Participant exercise: Real play - Questions Cost You

Session #4

- Check-in 5"
 - Review homework
 - MI experiences
- Introducing the Brief Negotiated Interview (BNI) (Video demonstration) 25"
 - BNI Practice in dyads 20"
- Evaluation & Wrap-Up 5"
 - Next Steps