



# Motivational Interviewing

## Overview

In Elevate's Motivational Interviewing seminar, participants will learn about facilitating open communication, understanding people and how to communicate with emotional intelligence and effective listening skills. This course will teach participants the skills needed to prepare for an interview, the dos and don'ts of questioning, and how to handle interviews in tense or conflict situations. Learners will have the skills needed to conduct effective and successful interviews that will guide the client to the desired outcomes. This course is eligible for 3 CEU credit hours.

## Learning Objectives

- Define Motivational Interviewing
- Key Elements of MI
- Fundamental Process of MI
- Asking the Right Questions
- 5 Behaviors That Can Derail an MI Mission

## Course Agenda

- What Is Motivational Interviewing
  - MI "READS"
  - Key Elements of MI
- Ambivalence – Not Resistance – Skills Practice
  - MI Goals
- Elements of Spirit Motivational Interviewing
  - Fundamental Processes of MI
- First Process – Engagement
  - Core Skills of Engage Process – OARS
  - Open Ended Questions
  - Example Questions
  - Affirmations and Examples
  - Reflection Statements and Examples
  - Summaries and Examples
  - 5 Behaviors That Can Derail an MI Mission
- Second Process – Focus

- Sources of Focus or Direction
  - Types of Focusing
  - Three Basic Focusing Examples
- Third Process – Evoke
  - Moving Through Sustain (Status Quo) Talk
  - Types of Change Talk
  - Levels of Preparatory Talk
  - Evoking Change Talk
  - Questions to Evoke Change Talk
  - Questions to Avoid
  - Dealing with Discord
- Fourth Process
  - Supporting Change
- Resources and Citations