

# Motivational Interviewing Skill Expansion

## **Program Description**

Motivational Interviewing is an evidence-based therapeutic technique designed to help people identify their readiness, willingness, and ability to make meaningful changes in their lives. We will talk about techniques to draw out people in order to find out their motivations and help them become empowered to make change to meet their own goals rather than trying to externally mandate change. Motivational interviewing can be added into other models to reduce attrition and increase the likelihood of participants' success. During this training participants will strengthen and practice empathic counseling skills, understand and practice the directive aspects of MI, experience and practice an MI style of responding to discord, and learn the fundamental client language cues (change talk and sustain talk) that allow continued feedback and learning in practice.

## **Program Objectives**

Upon completion of this workshop, participant should be able to:

- Describe the advantages of evoking motivations rather than sharing information about risks and benefits;
- Explain what makes it difficult to not try and problem solve before exploring motivations;
- Demonstrate the ability to ask open ended questions, reflect, and affirm clients;
- Intentionally cultivate change talk and soften sustain talk.
- Reduce the risk of stereotypes and unconscious bias influencing your case planning by adopting the evocative spirit of Motivational Interviewing

## **Target Audience**

Professionals who work in public health, parent education, mental health, or substance abuse. This program requires that participants have attended MI training in the past as this is an intermediate-advanced training.

## **Contact Hours**

3.0 to 6.5 contact hours

## **Program Agenda (3.0 hours)**

- Introductions - 15 minute
- Readiness Ruler - 15 minutes
- Four Processes, OARS, and Change Talk recap - 30 min
- Complex Reflection practice - 30 min
- 15-minute break
- Evoking Change Talk and Softening Sustain Talk - 40 minutes.

- Putting it all back into practice, demonstration, and application - 40 minutes
- Questions and Wrap-up - 10 minutes

### **Agenda (6.5 hours)**

- Introductions -15 minutes
- Readiness Ruler - 20 minutes
- Four Processes, OARS, and Change Talk recap - 60 min
- Complex Reflection practice - 40 min
- 15-minute break
- Complex Reflection practice continued - 30 min.
- Evoking Change Talk and Softening Sustain Talk - 45 minutes.
- Lunch break - 60 minute
- Rolling with Resistance and Emphasizing Autonomy - 60 minutes
- Putting it all back into practice, demonstration, and application - 90 minutes
- Questions and Wrap-up - 30 minutes

### **Faculty**

**Rachel Galanter, MPH**, is El Futuro’s Technical Assistance and Consultation Lead. A NC Parenting Education Network Certified Parenting Educator, she has over 25 years of experience with children, youth, and families. She uses Motivational Interviewing, the Community Resiliency Model, and Biofeedback to help families address the ambivalence, stress and emotional issues that can be barriers to making change. She has employed proven models— Attachment Bio-Behavioral Catch Up, SafeCare, Language Is the Key, Triple P and Parent Child Interaction Therapy—to improve relationships between caregivers and children. Since 2002, Rachel has served as a task supervisor or field instructor for students in the MSW program at the School of Social Work. A trainer certified by the Motivational Interviewing Network of Trainers and Trauma Resource Institute, she provides training and coaching to professionals on parent engagement, coaching, self-care, and cultural awareness to help other agencies engage clients who need support but are ambivalent about making change or getting professional support. In addition to her professional work on behalf of families, Rachel was a foster parent for a decade and added two daughters (and now four grandchildren) to her family from that time.