

::Title: *Motivational Interviewing I – Introduction (2 days)*

Prerequisite(s): None

Continuing Education: 12 hours

Description:

Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion. (Miller & Rollnick, 2013).

This 2-day workshop is designed for practitioners either new to MI or wanting a full refresher to the concepts and an opportunity for supervised practice of skills. Participants will be introduced to this evidence-based approach through an interactive, fun workshop focusing on knowledge-building and fundamental skill practice. Learning methods include:

- Interaction and discussion
- Written exercises
- Didactic presentation
- MI instructional videos
- Small group exercises with coaching and feedback

Learning Objectives:

1. Describe the *Spirit of MI*
2. Observe and practice basic *OARS* skills
3. Respond effectively to *Sustain Talk* and *Discord*
4. Identify *Change Talk* (DARN-CATS)

Target Audience: Helping professionals who support clients in making change in their lives.

Sample Agenda Day One: 7.5 hours = 6.0 credit hours

Begin Time	End Time	Description
0900	1015	Part 1
1015	1030	Break - 15 minutes
1030	1200	Part 2
1200	1300	Break – Lunch – 60 minutes
1300	1430	Part 3
1430	1445	Break- 15 minutes
1445	1630	Part 4

Sample Agenda Day Two: 7.5 hours = 6.0 credit hours

Begin Time	End Time	Description
0900	1015	Part 5
1015	1030	Break - 15 minutes

1030	1200	Part 6
1200	1300	Break – Lunch – 60 minutes
1300	1430	Part 7
1430	1445	Break- 15 minutes
1445	1630	Part 8

Faculty Bio

Michael McGuire is employed by the University of North Carolina at Chapel Hill School of Social Work as both a Clinical Assistant Professor and the Director of the *Substance Use and Addiction Specialty* program and provides private training and consultation. He is a licensed Clinical Social Worker, Marriage and Family Therapist, and Clinical Addictions Specialist, and is a credentialed supervisor. His areas of expertise include: adolescent and family development, problematic substance use, experiential learning, military families, motivational interviewing, Feedback Informed Treatment, clinical supervision, implementation science, ethics, and workforce development. Michael is the author of three unwritten books and hopes to have a fourth book not written soon. He was recently voted the most interesting and humble man in the world.