

# 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 change 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 meeting resistance, and learn the fundamental client language cues (change talk and sustain talk) that allow continued feedback and learning in practice.

## **Learning 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;
- List the next steps to support implementing Motivational Interviewing in the face of ambivalence or resistance.

## **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 hours

## **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 Bio-feedback to help families address the 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 certified trainer by the Motivational Interviewing Network of Trainers, 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.