

Introduction to Motivational Interviewing

Program Description

This training is designed to introduce participants to the spirit and fundamental components of Motivational Interviewing. Participants will learn by watching videos, class discussions, didactic presentation, and using real plays to develop basic skills. The focus will be on learning OARS. The facilitator is a member of MINT.

Program Objectives

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

1. Explain the components of Motivation Interviewing and OARS.
2. Describe the benefits of using Motivation Interviewing with clients who are ambivalent about change.
3. Examine how communication is impacted when they use roadblocks.
4. Demonstrate what they have learned by engaging in an interactive assessment.
5. Discuss how they can implement their skills in their setting.

Target Audience

Professionals who work in public health, parent education, mental health, or substance use, and professionals and paraprofessionals seeking to understand and assist the people they work with in addressing change.

Contact Hours

6.0 contact hours

Program Agenda

9:00 to 10:30 AM	Introduction, Ruler Readiness, Reasons and benefits of practicing MI, MI spirit
10:30 to 10:45 AM	Break
10:45 to 12:15 PM	Qualities of an MI practitioner, Ambivalence, MI Spirit, Empathy, Exercise of what is Not MI and what is MI
12:15 to 1:15 PM	Lunch
1:15 to 2:45 PM	The four processes in MI, Compassion and identifying challenges for developing it, Exercise to understand the spirit of MI, Core skills: OARS, Converting closed ended questions
2:45 to 3:00 PM	Break
3:00 to 4:30 PM	Mining for affirmations and exploring types of reflections. Hypothesis testing, summarizing, and practicing OARS and coding.

Faculty

Ellen Pallme, MSW, LCSW, LCAS, CCS is a practicing licensed clinical social worker and addictions specialist. Since 1995, she has worked extensively with children and families of multicultural backgrounds, as a tutor, homeschooling consultant, and personal mentor. For many years, Ellen volunteered in her faith community to counsel and guide

trauma survivors. In 2005, she began working as a crisis responder for sexual assault victims and trainer for new recruits. For five years she was an intensive in-home team supervisor. She was a supervisor for those seeking the LCAS credential and providing training to further education about substance abuse and co-occurring disorders. In 2015, Ellen became a member of the Motivational Interviewing Network of Trainers. She worked in residential settings and currently works in private practice. Ellen has been a field instructor, task supervisor, and supervisor for MSW students at UNC SSW who are participating in the Substance Use Disorder Certificate Program.