

Refresher of Basic Motivational Interviewing Skills

Program Description

This training is designed for participants who have completed a 13-hour introductory course and would like to refresh their basic skills before taking an advance course. Topics will include: the spirit of MI, the components of MI, OARS, DARN, CAT, and coding. This is an experiential training in which participants will practice their skills using “real” plays. This training is conducted by a member of MINT.

Program Objectives

Upon completion of this training participants should be able to:

1. Explain the basic skills and components of Motivational Interviewing.
2. Describe the benefits of using Motivational Interviewing with different populations and in different settings.
3. Examine one’s personal practice of Motivational Interviewing and how to apply their skills.
4. Demonstrate practical use of Motivational Interviewing skills.
5. Discuss the benefits of using Motivational Interviewing in their own practice.

Agenda

9:00 AM to 10:30 AM	Introductions, Ice breaker, Overview of the day, MI elements and spirit
10:30 AM to 10:45 AM	Break
10:45 AM to 12:15 PM	OARS, non-verbal listening, communication, real plays
12:15 PM to 1:15 PM	Lunch
1:15 AM to 2:30 PM	Four MI processes, recognizing change talk, Activity using all the skills with coding
2:30 AM to 2:45 PM	Break
2:45 AM to 3:30 PM	Decisional Balance, Change plan. Questions and answers
3:30 PM	Adjourn

Target Audience

Professionals who work in public health, parent education, mental health, or substance use and want a refresher on this topic.

Contact Hours

5.0 hours

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.