Course Subject Matter – 13 Hours of Instruction

The workshop provides a comprehensive course on guiding principles, strategies and skills for incorporating motivational interviewing techniques in client-centered work with adolescent males and females with particular focus on creating opportunities for behavior change. Participants of all experience levels are introduced to the foundation, theories and framework for implementing a dynamic strengths-based strategy for reducing risks and enhancing strengths in clients identified with compelling risk factors that may increase risk behaviors or lead them into the criminal justice system. Workshop trainers use an experiential model of learning to include lecture, demonstration, group discussion, case studies, simulation, small group interaction, and brainstorming to stimulate participants’ engagement and learning, while increasing capacity and confidence.

The subject matter relates to the scope of practice in community based settings and juvenile justice in its particular attention to various treatment modalities including both individual and group experiences and approaches designed to create opportunities for young people to assume responsibility for their behaviors, establish personal and collective responsibility, and practice restorative principles.

Motivational Interviewing Training is building staff skills to meet a core developmental need to build rapport with clients, engage them in treatment and/or intervention, explore clients’ ambivalence, motivate clients towards behavior change, and support efforts to reduce risk behaviors by acknowledging and enhancing natural capacities and assets.

Staff will learn how to engage clients in a healthy relationship, experience modeling of all strategies and skills by the trainer, practice skills and strategies, identify areas of strength and competency, identify areas of challenge and development, and set goals for implementation and practical application within their service delivery model.

The training is provided in two full days, 8:30-4:30.
## Motivational Interviewing Course Outline

### DAY ONE

| Opening | Welcome and Introductions  
Agenda  
Agreements |
| Training Objectives | • Establish framework for use of MI approach by agency/program staff  
• Promote competent understanding of MI techniques and the rationale for use with tools in assessment, treatment planning, case management, and discharge planning;  
• Provide practical learning experiences for skill development in MI strategies and application;  
• Model a strengths-based approach in the spirit of MI training and staff coaching. |
| Spirit of MI | Framework  
Theory and Principles |
| Stages of Change | Understanding Stages of Change Trans-theoretical Model  
Identifying Stage of Change |
| MI Principles | Definition of MI  
General Principles (DEARS, RULE) |
| MI Strategies & Techniques | Open Ended Questions  
Affirmations  
Reflections  
Summarizations  
Eliciting Change Talk |

### DAY TWO

| Spirit of MI | Incorporating Spirit of MI  
Strengths-Based Approach & Client Management  
Engagement: Exploring & Eliciting Strengths  
Use of Scales: Importance, Readiness, Confidence |
| MI Skills Practice | Individual and Small Group preparation, practice sessions, and reflection |
| Elicit Motivational Statements | Commitments to skills application in service delivery |
| Closing | Evaluations, and Certificates |