Motivational Interviewing Certificate Outline

Course Objectives:

By the end of the course, you will be able to

- Describe motivational interviewing principles
- Describe how your communication and practice style can induce resistance to change
- Apply useful concepts to enhance peoples' intrinsic motivation for change
- Apply motivational interviewing to overcome resistance to change and enhance motivation to change

Course Page: https://hlln.info.yorku.ca/motivational-interviewing-certificate-program-page-05-02-2021/

Delivery Method: Online – Hybrid of self-directed learning and instructor-led live session

- **1st DEADLINE**: You must review the student conduct policy, technology requirements and complete Lesson 1 self-directed learning content **before 5 PM ET on February 4th, 2021**
- LIVE SESSIONS: February 5, 12, 19, 26, 2021 9:30 am – 11:30 am

Course Schedule

SESSION 1	TOPIC
Self-directed (~2 hour)	Lesson 1A: Stages of Change and Introduction to Motivational Interviewing (Due 5 PM on the day before Session 1)
(45 minutes)	Icebreaker and Overview of MI principles
(30 minutes)	Case Example Exercise
(45 minutes)	Lesson 1A Continued: Review of stages of change and motivational analysis quiz (from self-directed content)
Self-directed Activity (~1-2 hour)	Lesson 2A: Motivation theories and introduction to OARS skills (Due 5 PM on the day before Session 2)

SESSION 2	TOPIC
(30 minutes)	Lesson 2A Continued: Debrief on Motivation and Real play Exercise to Practice Skills
(1 hr 30 minutes)	Lesson 2B: Review of MI Skills
(~2-3 hour)	Lesson 3A: Implementation of MI Skills (Due 5 PM on the day before Session 3)

SESSION 3	TOPIC
(45 minutes)	Lesson 3A Continued: Debrief and Discussion
(1 hr 15 minutes)	Lesson 3B: Overcoming Ambivalence
Self-directed Activity (~1-2 hour)	Lesson 4A: Applying Motivational Interviewing (Due 5 PM day before Session 4)

	TOPIC
SESSION 4	
(30 minutes)	Lesson 4A Continued: Debrief and Discussion
(1 hr 20 minutes)	Lesson 4B: Change Talk and Scaling
(10 minutes)	Wrap Up and Course Evaluations