

Motivational Interviewing Training for Chatham-Kent – January 20, 2021

Learning Objectives for Intermediate MI Skills

By the end of the program, you will demonstrate the ability to address:

- The Stages of Change
- Four Processes of MI
- Engagement & Establishing Rapport including The Spirit of MI – Collaboration/Partnership, Evocation, Autonomy, Compassion
- Shared Agenda Setting (Focusing)
- O.A.R.S. Skills
- Evoking Skills
- Planning Skills
- DARN CAT statements in recognizing and addressing Sustain Talk and Change Talk

Schedule

MORNING	AFTERNOON
9:00 – 10:30 AM Overview of MI & Tools	1:00 – 1:05 PM Set up groups
10:30 – 10:40 AM Set up Scenario One (Anne – Part 1) BREAK (5 minutes)	1:05 – 2:20 PM Scenario 2 (Anne – Part 2)
10:40 – 11:55 AM Scenario 1	2:20 – 2:30 PM BREAK (10 minutes)
11:55 – 12:10 PM Main Room Debrief	2:30 – 3:30 PM Scenario 3 - Jane
12:10 – 1:00 PM LUNCH (Please stay logged in to ZOOM)	3:30 – 4:00 PM Main Room De-brief Outstanding Questions Session Reflections Evaluation Form