



Motivational Interviewing – Into Practice

Week 1 Agenda

1) Welcome to the Course

- a. Introductions
- b. Review reactions to Pre Course Reading: *10 Things MI is Not*

2) Content

- a) Thinking About Change (Prochaska & DiClemente Model)
 - Process the issue of change and how it comes about
- b) Ambivalence
 - Introduce the concept of ambivalence
- c) Motivation
 - Identify the elements that impact change
- d) MI Spirit
 - Discuss Partnership, Acceptance, Compassion and Evocation as essential components

3) Assign Learning Activity

Interview someone about a change that they have made:

Find out:

1. What motivated them to make the change?
2. What was the process?
3. What were the 2 sides of the argument?