



Motivational Interviewing – Into Practice

Week #2 Agenda

1) Welcome

- a. Review Agenda
- b. Check in
- c. Discuss Learning Activity – Interviews About Change: Motivation(s); Their process & two sides of the argument

2) Content

- d. PowerPoint slides, interactive discussion & activities covering: Motivational Interviewing is Relational & Directional; Intentional OARS; The Four Processes of Motivational Interviewing & revisiting Ambivalence

3) Assign Learning Activity

- e. Focus on the MI Process of Engagement and intentionally bring MI Spirit into a conversation with a new client.
- f. After the interaction reflect on and write down your perception of the following:
 - Identify when Engagement began.
 - How did Engagement manifest, show up during the conversation?
 - What was it like to intentionally use MI Spirit and how does that differ from your previous practice?
 - How did MI Spirit manifest, show up during the conversation?

4) Wrap Up

- g. Reactions, comments, and questions/feedback