



Motivational Interviewing- Into Practice Week #8 Agenda

1) Welcome

- a. Review Agenda
- b. Check in
- c. Discuss Learning Activity – Enough motivation for planning; if not, what next?

2) Content

- d. PowerPoint slides, interactive discussion & activities covering: Motivation & Planning; Elicit – Provide – Elicit; Readiness Ruler & Planning & Reflecting on our 8-weeks together

3) Life – Learning Activity

- e. Remember MI is not a ‘magic’ fix-all
- f. MI is a conversation counseling approach that can be used to explore & resolve ambivalence and increase someone’s motivation to move toward behavior change
- g. Be intentional – Please, don’t use an ‘axe’ to remove spinach from your teeth.
- h. Use it or lose it – Practice, Practice, Practice enhances skill & efficacy

4) Wrap Up

- i. Reactions, comments, and questions/feedback
- j. All the best