

# Molly Kellogg's Counseling Intensive

## Day One

(Welcome and breakfast 8:30 - 9)

Introductions and clarification of goals  
The process perspective and workshop guidelines  
How behavior change happens  
Engagement  
Fundamental counseling processes (OARS)  
**Open Questioning**  
Practice

(Break 10:30 – 10:45)

**Affirming**  
Practice  
**Reflecting**  
Practice

(Lunch 12:15 – 1:15)

**Summarizing**  
Rolling with resistance  
Practice  
Our part in resistance

(Break 2:45 – 3:00)

Providing advice effectively  
Longer practice

(End of day 4:30)

## Day Two

(Breakfast 8:30 - 9:00)

The spirit of motivational interviewing

Change talk (DARN CAT)

Practice finding and responding to change talk

Summarizing revisited

Practice summarizing change talk

(Break 10:30 – 10:45)

The planning process

Behavioral experiments

Practice together

(Lunch 12:15 – 1:15)

Evidence for counseling approaches and learning process

Making a plan to grow your counseling skills

Longer practice

(Break 2:45 – 3:00)

Professional Boundaries:

Using self-disclosure ethically and effectively

Handling personal questions

Practice short contact

Dual relationships

Time boundaries

(End of program 4:30)