**Motivational Interviewing 100 Workshop Flyer**

* **Motivational Interviewing 100 Workshop** is aimed at providers with limited to no exposure to MI. Participants should include all types of psychologists, as well as providers from public health, counselors, LMFT’s, psychiatrists, NP’s, dentists, PT’s, ND’s, substance-abuse counselors, nutritionists, diabetes educators, and graduate students from any of these or collateral fields.
* **Motivational Interviewing 100 Workshop** [12 hours CE total] will combine a didactic overview of MI, practice of basic MI skills in dyads, triads, and small or large groups. Participants will also engage in small groups to discuss MI topics and consider how to understand and apply skills. **MI 100** provides participants 1] the opportunity to learn MI basics [e.g. OARS], 2] the MI Conceptual Framework overview and 3] materials/exercises to determine how MI might translate to their workplace, and 4] opportunities to continue their MI learning process. **MI 100** is consistent with principles and practices elucidated in Miller & Rollnick’s Motivational Interviewing, 3rd edition and more recent works.

### **MI 100 Workshop/Course Learning Goals and Objectives**

1. Describe the mindset and heart set of Motivational Interviewing [Spirit].
2. Discuss how MI approaches differs from Client Centered Counseling, and others.
3. Describe the guiding and directive approaches within MI.
4. Describe Motivational Interviewing processes [Engage, Focus, Evoke, Plan].
5. Practice use of OARS [focused listening skills] to avoid the Righting Reflex
6. Demonstrate basic application of OARS skills.
7. Describe the importance of change talk and sustain talk in MI practice.
8. Describe how to respond to change talk in clinical conversations.
9. Define “resistance” and discord in current MI practice.
10. Detail some personal roadblocks in learning MI for individuals.
11. Compare situations in which deploying MI is counter-productive.
12. Begin to detail a personal MI learning plan.

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