**Motivational Interviewing 200**

**Motivational Interviewing 200** is aimed at providers and students that have had some previous MI training in their graduate programs, external workshops, or other forms of formal study. It is assumed participants will have attended at the very least, 2-3 days of in-person MI training within the last 5 years. As in **MI 100** participants shall include psychologists, public health practitioners, counselors, LMFT’s, psychiatrists, nurse practitioners, dentists, PT’s, ND’s, substance-abuse counselors, nutritionists, or diabetes educators, as well as grad students from these or related fields.

**Motivational Interviewing 200** [12 hours CE total]. This small group workshop [N < 24] will combine updated didactic MI material, with more intensive and focused practice of MI skills within dyads, triads, and small or large groups. Participants will work with the leader and others in practicing and reflecting on current MI approaches, MI topics, and controversies. A vital aspect of **MI 200** is that attendees are expected to make short tapes for review and focus on MI skill development.

**Motivational Interviewing 200** is the middle of a 3-workshop series [**MI 100**, **MI 200**, **MI 300**] ideally stretching over 6-12 months of study, with coaching, and refined practice for fidelity coding. But you do not have to take the entire series to take MI 200. Evidence-based learning principles such as interleaving, re-testing, and self-testing are embedded into the workshop to facilitate participants in encoding, retaining, and utilizing their knowledge. **MI 200** is consistent with MI practices in recent works and [Motivational Interviewing [3rd Edition]](https://www.amazon.com/Motivational-Interviewing-Helping-People-Applications/dp/1609182278/ref=sr_1_1?s=books&ie=UTF8&qid=1481125706&sr=1-1&keywords=motivational+interviewing).

### **MI 200 Workshop/Course Learning Goals**

### Analyze components of MI spirit as expressed through each specific OARS Skill.

### Detail directive aspects of MI practice that contribute to better treatment efficacy/outcome.

### Describe how to adapt MI processes [Engage, Focus, Evoke, Plan] for provider’s situation.

### Demonstrate how to negotiate agendas by creation or use of menus.

### Demonstrate advanced application of OARS skills for all four skills.

### Elucidate how to focus on change talk and avoid sustain talk based on client values.

### Demonstrate responses to change talk/sustain talk in challenging clinical situations.

### Develop skills to find change talk embedded within sustain talk and/or discord.

### Demonstrate how to soften sustain talk with OARS.

### Utilize MI adherent approaches when sharing one’s professional expertise/information [EPE].

### Elucidate an overview of target counselor behaviors from MITI 4.2.

### Develop a personal MI learning plan geared toward an attendee’s practice setting.

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