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Annie Fahy RN, LCSW

## Motivational Interviewing Doula

### Web Based Tiny Curriculum for MI Practice and Supervising Others

These monthly intermediate boosters will build strategic MI skills in small manageable increments conducted in 2 hour sessions. The design is intended for those who want to develop the finishing elements of a fully realized MI practice and especially for those who may have a leadership or supervisor role. Using practice opportunities and case consultation, we will work through difficult presentations and stuck places.

Observed MI practice & coaching with feedback is recognized in research as the best practice method for creating full implementation culture change to MI as well as a higher level of confidence in the skills (Miller, W. R., et al., 2004 Fixsen, D. L. , et al., 2009). These segments will focus on skill building and ways of sharing MI skills in work settings for the self and in others. Flexible proficiency is the goal. Learners will also come away with ideas for guiding and teaching others. Participants will spend time on what makes it MI and gain valuable skills for evaluation of their own practice and also guiding others to exceeding baselines. Prior basic MI training is required. Trainees also have the option of submitting a practice tape for individual feedback.

Dates Third Fridays 11:00-2:00 or 4:00-6:00

#### **The Tiny Curriculum Model**

Sign up for a bundle of 4 sessions to use anytime during the year on an availability basis. Sessions are limited to 8 persons. Develop your own achievable learning plan and a tape feedback session is included in the price. While not currently organized for CEU's you will receive a certificate and any documentation you require toward licensure.

#### **About Annie Fahy RN, LCSW**

Annie Fahy has been developing coaching and advanced practice designs in MI since 2004. She is a member of the MINT and receives high marks for her trainings. She has personally mentored many in developing their own practice and also to develop their own supervisory or coaching skills. This workshop is a followup to a "MI basics" two day or five part series workshop. Supervisors using and developing MI protocols will gain many great ideas for implementing MI culture in a variety of health and behavioral health care settings. This training

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is appropriate for any helper with a sincere desire to improve MI skills and adaptation. Please contact Annie with other questions. (949-290-8378)

## Sample Topics and Dates

### **March 16:** Assessing Your Own Practice-Getting your Oars in the Water /Making a Tape OARS Practice

#### Objectives

- ◆ Participant will practice early strategies of MI OARS (open questions, affirmations, reflections and summaries)
- ◆ Participants will understand rationale for observed coaching with tapes

### **April 20:** Strategies for Discord and Collaborative focus/Using Role Plays effectively for skill development

#### Objectives

- ◆ Participants will address case presentation with an MI format including focusing questions solving discord and setting an addenda
- ◆ Participants will practice agenda setting

### **May 18:** Listening and responding beyond Content/Strategic Evocation

#### Objectives

- ◆ Participants will practice responding to change talk and sustain talk
- ◆ Participants will learn strategies for difficult clients that stay stuck related to change

### **June 15:** What makes it MI?/Coding and tapes

#### Objectives

- ◆ Participants will understand beginning principals for evaluating MI sessions using a MITI instrument
- ◆ Participants will share experiences making a tape and troubleshoot doing this in their settings

### **July 20:** Guiding and teaching others

#### Objectives

Participants will understand how to implement MI in supervision

Participants will continue gaining concepts about guiding others practice in MI

### **Aug 17:**Assessing Your Own Practice-Getting your Oars in the Water /Making a Tape

#### Objectives

- ◆ Participant will discuss how tapes influence MI practice early strategies of MI OARS (open questions, affirmations, reflections and summaries) and build strategic skills
- ◆ Participants will understand rationale for observed coaching with tapes

## **September 21: Difficult Clients/Time Constraints/Brief Interventions**

### Objectives

- ◆ Participant will practice blending directive task focus with MI skills and discuss difficult presentations
- ◆ Participants will practice brief MI skills including scales, decisional balance and brief action planning

## **October 19: Getting Ready to get ready/Preparatory Change talk and Mobilizing Change Talk**

### Objectives

- ◆ Participant will develop understanding of preparatory change talk and mobilizing change talk
- ◆ Participants will explore difficult client presentation and failed plan actions

## **November 16: What makes it MI: assessing Your MI Practice**

### Objectives

- ◆ Participant will complete a self practice assessment
- ◆ Participants will complete a personal learning or action plan for future MI practice