

Motivational Interviewing Online Training

Course Description

This course covers information that relates specifically to using the Motivational Interviewing technique and concepts as a tool for assisting Consumers who are struggling with ambivalence toward goal achievement to those who provide mental health services to youth and their families, as well as adult Consumers.

Course Objectives

Upon successful completion of the online course “Motivational Interviewing,” the participant will have received a score of at least 80% on the Post Quiz. To attain this score, the participant will have an understanding of Motivational Interviewing including:

- What motivation is
- The motivational interviewing concept
- Using questioning and listening strategies
- Using the MI concept as a way to engage the Consumer
- Using the Consumer’s motivation as a pathway for change
- Understanding extrinsic and intrinsic motivation
- The OARS approach
- Assessing the consumer’s readiness for change
- Using the readiness ruler
- Understanding the Stages of Change
- Meeting the Consumer at their readiness stage
- Dealing with resistance
- Finding the decisional balance

Topics Covered in Motivational Interviewing

- The Role of Motivation in Behavioral Health Treatment
- Motivational Interviewing: An Intrinsic Approach to Treatment Ambivalence
- The Universal Skills and Principles in Motivational Interviewing
- Assessing Change Readiness
- The Stages of Change
- Matching Treatment to Readiness Stage
- Motivational Interviewing Core Pathways to Change
- Using Motivational Interviewing with a Case Example

CEU’s Awarded Upon Completion: 3