

## **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**