



# Motivational Interviewing

## 2019 Training Series



### Purpose:

To enhance the skill set of participants in Motivational Interviewing.

### Learning Objectives:

1. Identify the dynamics of the four processes of Motivational Interviewing
2. Review Core MI skills that are currently working for the practitioner
3. Recognize and practice strategic directional Motivational Interviewing skills
4. Evaluate feedback in Motivational Interviewing practice behaviors
5. Develop a personal plan for incorporating Motivational Interviewing skills into current practice.



For questions about registration, please contact  
Iowa State University Registration Services  
1601 Golden Aspen Drive, Suite 110, Ames, IA 50010,  
515.294.6222 [registrations@iastate.edu](mailto:registrations@iastate.edu)

Iowa's Integration Project is funded by the Integration of Primary and Behavioral Health Care (PIPBHC - Grant No. 3H79SM080241). Iowa's Integration Project is a five-year project awarded to the Iowa Department of Public Health Division of Behavioral Health (IDPH) by the Substance Abuse and Mental Health Services Administration – Center for Mental Health Services (SAMHSA-CMHS).

#### The purpose of this project is to:

- Promote full integration and collaboration in clinical practice between primary and behavioral health care
- Support the improvement of integrated care models for primary and behavioral health care to improve overall wellness and physical health status of adults with serious mental illness (SMI) and adults with substance use disorders (SUD)
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✓ August 2 - Refresher Workshop -  
Fairfield Inn, 8661 Plum Dr., Urbandale

# Agenda:

- 8:30 am .....Welcome and introductions
- 8:45 am ..... Knowledge of motivational interviewing
- 9:00 am ... Four processes of motivational interviewing
- 9:30 am .....Righting reflex
- 10:00 am .....Focusing on change talk
- 10:15 am .....Break
- 10:30 am .....Agenda setting
- 12:00 pm ..... Lunch
- 1:00 pm.....Change talk vs. sustain talk
- 1:30 pm ..... Listening for change
- 2:15 pm .....Break
- 2:30 pm..... Evoking change talk
- 3:00 pm ..... Creating change plans
- 3:50 - 4:15 pm..... Wrap up and evaluation



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- Senior Research Manager with the University of Nebraska, Public Policy Center
- 38 years' experience working in the field of behavioral health
- Motivational Interviewing – Member of IMINT since 2000; expert trainer – Introductory, Intermediate, Advanced, MIA STEP (Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency), MITI (Motivational Interviewing Treatment Integrity Scale)
  - Telephone Coaching – Motivational Interviewing
  - Rating tapes of clinician-client in fidelity tools to determine proficiency
- SBIRT – Screening and Brief Intervention and Referral to Treatment

**The registration fee to attend is FREE.  
Lunch is not included.**

**If any one of the trainings are low in registration, the Iowa Department of Public Health reserves the right to reschedule the training to a later date.**

**IBON provider number #94 awards up to 5.3 contact hours for participation in this training.**

**The target audience for this conference is community service providers and health professionals who would benefit from behavioral health education.**

Nurses may submit session evaluations directly to the Iowa Board of Nursing (IBON) in lieu of submitting evaluations provided at the conference venue. To submit evaluations directly to IBON, notify the registration desk at the conference for paper versions of the forms. Forms submitted directly to IBON are to be sent to the Iowa Board of Nursing at 400 SW 8th Street, Suite B, Des Moines, Iowa 50309.



# Motivational Interviewing

## 2019 Training Series



### Purpose:

Introduce training participants the application of Motivational Interviewing in health change.

### Learning Objectives:

1. Define Motivational Interviewing and its evidence base
2. Summarize the fundamental spirit of and approach of Motivational Interviewing
3. Review the Motivational Interviewing Principles
4. Explore attitudes regarding motivation to change
5. Recognize the Stages of Change and Motivational Interviewing interventions
6. Familiarize Motivational Interviewing strategies through demonstration and practice
7. Develop strategies to address client ambivalence to change
8. Review the steps Motivational Interviewing and the micro counseling skills
9. Explore ways to integrate Motivational Interviewing from theory to practice



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✓ **May 23-24 - Motivational Interviewing Training - Introduction - Holiday Inn Express & Suites, 8789 Plum Dr., Urbandale**

# Agenda:

## Day 1 - May 23, 2019

- 8:30 am ..... Introductions and attitudes exploration
- 9:00 am ..... Essential principles of motivational interviewing
- 9:30 am ..... Concepts of motivation as an interpersonal interaction
- 10:15 am ..... Break
- 10:30 am ..... Strategies for identifying client placement in stages of change
- 12:00 pm ..... Lunch
- 1:00 pm ..... Micro skills using OARS
- 1:45 pm ..... Ambivalence and the righting reflex
- 2:15 pm ..... Break
- 2:30 pm ..... Principles for increasing motivation
- 3:30 - 4:00 pm ..... Five early strategies of motivational interviewing

## Day 2 - May 24, 2019

- 8:00 am ..... Review and questions from day 1
- 8:15 am ..... OARS – micro skills practice
- 9:00 am ..... Traps and roadblocks
- 9:30 am ..... Break
- 9:45 am ..... Elements of change DARN C
- 11:30 pm ..... Lunch
- 12:30 pm ..... Importance and confidence in the change process
- 1:30 pm ..... Strategic responses to change talk vs. sustain talk
- 2:15 pm ..... Break
- 2:30 pm ..... Eliciting change talk - interpersonal Interaction
- 3:15 pm ..... Motivational interviewing strategies
- 4:15 - 4:30 pm ..... Wrap-up and evaluations

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**IBON provider number #94 awards up to 11.5 contact hours for participation in this training.**

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# Motivational Interviewing

## 2019 Training Series



### Purpose:

Enhance the skills of health providers proficient in Motivational Interviewing strategies to maximize the application of clinical strategies.

### Learning Objectives:

1. Refine OARS skills through demonstration and practice
2. Differentiate appropriate strategies to address sustain talk
3. Identify strategic interventions to reduce ambivalence to change
4. Integrate the four processes of Engagement, Focusing, Evoking and Planning
5. Explore ways to integrate Motivational Interviewing with client values
6. Demonstrate and practice strategies to increase motivation for change
7. Apply strategies to address ambivalence and change
8. Develop and activate change plans with clients
9. Practice skills in a highly interactive setting to improve the learning and application



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✓ **June 6-7 - Intermediate Motivational Interviewing - Holiday Inn Express & Suites, 8789 Plum Dr., Urbandale**

# Agenda:

## Day 1 - June 6, 2019

- 8:30 am ..... Brief review of introductory training
- 9:00 am . . Motivation as a dynamic - using the principles
- 9:30 am ..... Concepts of motivation as an interpersonal interaction
- 10:15 am ..... Break
- 10:30 am ..... Strategies for refining OARS skills
- 12:00 pm ..... Lunch
- 1:00 pm ..... Using target behaviors in behavior change
- 1:45 pm ..... Sustain talk and change talk
- 2:15 pm ..... Break
- 2:30 pm ..... Principles for increasing motivation based on values
- 3:30 pm ..... Address planning for change

## Day 2 - June 7, 2019

- 8:00 am ..... Review and questions from day 1
- 8:15 am ..... Importance and confidence skills
- 9:00 am ..... Using strategies to address roadblocks to change
- 9:30 am ..... Break
- 9:45 am ..... Developing discrepancy
- 10:30 am ..... Practice motivational conversations
- 11:30 pm ..... Lunch
- 12:30 pm ..... Strategies for identifying client placement in stages of change
- 1:30 pm ..... Practice skills
- 2:15 pm ..... Break
- 2:30 pm .. Eliciting change talk - interpersonal interaction
- 3:15 pm ..... Developing individual change plans
- 3:45 - 4:15 pm ..... Wrap-up and evaluations

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# Motivational Interviewing

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### Purpose:

Enhance the skills of health providers proficient in Motivational Interviewing strategies to maximize the application of clinical strategies.

### Learning Objectives:

1. Explore effective strategies to elicit and respond to change talk
2. Examine strengthening commitment to change
3. Review coding with MI adherent and non-adherent criteria
4. Practice skills in a highly interactive setting to improve the learning and application



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✓ July 12 - Advanced Motivation Interviewing Clinical Skills Training  
Holiday Inn Express & Suites,  
8789 Plum Dr., Urbandale

# Agenda:

- 8:30 am .....Welcome and introductions
- 8:45 am ..... Strategies to elicit change talk
- 9:00 am ..... Directive skills for eliciting change talk
- 9:30 am ..... Strengthening commitment to change
- 10:15 am .....Break
- 10:30 am .....Skills practice
- 12:00 pm ..... Lunch
- 1:00 pm ..... MI adherent and non-adherent behaviors
- 1:45 pm .....Skills practice
- 2:15 pm .....Break
- 2:30 pm ..... Complex reflections, developing discrepancies, exploring ambivalence, and eliciting self-motivational statements
- 3:30 - 4:30 pm .....Skills practice



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