Certificate in Motivational Interviewing

Description of Certificate

Motivational Interviewing – MI – is an empirically supported approach for helping people resolve ambivalence and move forward with behavioural change. MI is considered an evidence-based practice within many healthcare fields such as chronic disease management, mental health, and addictions. It has also been applied to criminal justice, child protection, and school environments.

The use of MI has been shown to increase treatment adherence and retention, and it takes less time than other recognized treatment models (which results in better outcomes and improved client/patient care and flow). MI is a trauma-informed approach and can be used to develop and strengthen trauma-informed systems of care.

The Certificate in Motivational Interviewing provides a comprehensive overview of the theoretical background and the relational and technical aspects of MI. This Certificate program will offer a strong emphasis on practicing MI skills and strategies with feedback for skill improvement. Adding opportunities for personal performance feedback, from practice recordings, and individual coaching, will significantly increase the effectiveness of training in helping participants improve their clinical proficiency.

The Certificate in Motivational Interviewing was developed and is offered by a member of the Motivational Interviewing Network of Trainers (MINT). MINT is an international collective of trainers in MI and its mission is to promote good practice in the use, research, and training of MI.

Content in this Certificate program is guided by and aligns with:

> Miller, W. R., & Rollnick, S. (2023). *Motivational interviewing: Helping People Change and Grow*. Guilford Publications.

FAITH   KNOWLEDGE   SERVICE

Learning Outcomes/Objectives

1. Explore the underlying theories and evidence base of MI.
2. Understand the relational and technical aspects of MI – including the person's context and preferences – in helping people change.
3. Learn to use OARS+ I to guide client conversations toward change through deliberate practice.
4. Comprehend the concepts of ambivalence and discord, and learn how to respond in an MI-consistent way.
5. Elicit, reinforce, and strengthen change talk in a style consistent with MI.
6. Apply the four tasks to clinical examples.
7. Evaluate individual, peer, and video demonstrations to improve proficiency as outlined in the MITI 4.2.1 and develop a plan to generalize MI skills.

Course Structure

Each module is delivered in-person with several learning techniques, including lectures, large and small group discussions, case studies, videos, and both facilitator and small (2-3 person) peer practice. Self-reflection and self-evaluation through the use of a coding rubric will aid in skill development.

A pre-Certificate questionnaire will help participants and the facilitator understand strengths and learning requirements. Throughout the Certificate, participants will receive continuous practice on course materials. Coded feedback and coaching will measure the participants' growth.

Brief coursework between Modules will support learning and skill improvement.

Certificate Overview

Day 1: Introduction to Motivational Interviewing

- MI theory and evidence
- The Spirit of MI: partnership, acceptance, compassion, and empowerment
- Introduction of OARS + I
- Recognizing and reinforcing Change Talk

Day 2: Engaging

- Introduction of feedback and coding to improve MI practice
- Understanding ambivalence & what not to do
- Deepening Reflections
- Eliciting and strengthening Change Talk
- Deliberate Practice

Day 3: Knowing Where You're Going

- The Four Tasks & Stages of Change
- Focusing: Agenda Mapping
- Strategies for handling discord
- Using feedback to improve MI Practice
- Deliberate Practice

Day 4: Helping Conversations

- Ethical Considerations
- Working within neutrality
- Strategies to support autonomy
- Mobilizing Change Talk
- Deliberate Practice

Day 5: Practicing Well

- Shifting into and out of MI
- Giving MI-consistent feedback
- Deliberate practice
- Self-learning plan
- Certificate evaluation