Motivational Interviewing for Social Workers (SW 790 005 W10)

Utilizing the Professional Training Videotape Series developed by William R. Miller and Stephen Rollnick, this five-week series of 3-hour instruction and skill-building sessions will provide a basic introduction to Motivational Interviewing. Using the video material and supplemental handout material, along with lecture, role-playing and group discussion, the class will lay a foundation for participants to begin to develop their clinical skills in preparing people for change.

Instructor: Steve Wiland, LMSW, CAC-R

Class Learning Objectives:
- To develop a basic working knowledge of motivational interviewing/ enhancement.
- To become familiar with the basic tools/skills of motivational interviewing.
- To develop a basic understanding of application of these skills in early engagement, information exchange, and initiation of a plan of action with a client.
- To become familiar with additional information and resources regarding developing skills in MI/ME.

Resources/Material utilized in class sessions (required reading italicized):

Optional reading and additional references:
- Motivational Enhancement for Dually Diagnosed Consumers. Daniel D. Squires and Theresa B. Moyers, University of New Mexico Center on Alcoholism, Substance Abuse and Addictions, Albuquerque, New Mexico, 2002.
• See also http://www.talkingcure.com/ for additional research findings on how individuals change, particularly the article “What Works In Therapy”.
• See also http://www.motivationalinterview.org/, the official website for the Motivational Interviewing approach promulgated by William Miller and Stephen Rollnick.

Instructional Methodology:
Readings, Handouts, Videos, Role plays, Case scenario presentations, Class discussion

Attendance:
Participants are asked to commit to all of the 5 weekly, 3-hour sessions in order to earn Social Work CEUs. Advance notification is required if unable to attend any of the sessions so that content information can be made up. Failure to attend all 5 of the sessions would also disqualify students from obtaining Social Work CEUs.

OVERVIEW

January 30 - Session 1: Introduction to Motivational Interviewing and Traps to Avoid
• Transtheoretical Model of Change / “Stages of Change” (Prochaska, Norcross & DiClemente)
• How do people change? What the research shows . . .
• Five Basic Motivational Interviewing Principles
  o Establish Empathy
  o Avoid Arguing
  o Roll with Resistance
  o Support Self-Efficacy
  o Develop Discrepancy
• Six Traps to Avoid
  “Premature Focus” trap
  “Confrontation / Denial” or “Taking Sides” trap
  “Labeling” trap
  “Blaming” trap
  “Question / Answer” trap
  “Expert” trap

February 6 - Session 2: Opening Strategies I
• The 5 Opening Strategies of Motivational Interviewing
  o Open-ended questions
  o Affirmation
  o Reflective Listening - method, video scenarios, and role-play practice
  o Summarizing
  o Eliciting Self-Motivational Statements (“change talk”)
• Motivational Strategies for different Stages of Change

February 13 - Session 3: Opening Strategies II
• The 5 Opening Strategies of Motivational Interviewing
  o Open-ended questions
  o Affirmation
  o Reflective Listening
  o Summarizing
  o Eliciting Self-Motivational Statements (“change talk”) - tools to use, video scenarios, and role-play practice
• Evaluating effective use of Motivational Interviewing

February 20 - Session 4: Handling “Resistance”
• Dealing with Resistance
  o Reflective Responses
Strategic Responses

- Video vignettes
  - Tracking use of Motivational Interviewing Skills
- Role-play practice

**February 27 - Session 5: Feedback, Information Exchange, and Moving Into Action**

- Giving Feedback and Exchanging Information
  - FRAMES and other models
- Negotiating a Plan, and Consolidating Commitment
  - Traps to avoid
  - Transitioning into Action
  - Essential Aspects of Motivational Interviewing for Negotiating Change Plans