



<b>Course title:</b>	Motivational Interviewing
<b>Course #/term:</b>	SW 716, Fall 2020
<b>Time and place:</b>	Wednesdays, 6-9pm, online
<b>Credit hours:</b>	1
<b>Instructor:</b>	Dan DeSena, LMSW
<b>Pronouns:</b>	He/him/his
<b>Contact info:</b>	<b>Email:</b> ddesena@umich.edu <b>Phone:</b> 734-368-7819

## Course Description

Motivational Interviewing is a goal-directed, client-centered counseling approach for eliciting behavioral change by helping clients explore and resolve ambivalence. This is a series of skill-sharing sessions that will provide a basic introduction to Motivational Interviewing. This advanced action-based learning course will focus on direct practice and implementation of Motivational Interviewing techniques. Using the video material and supplemental handouts, along with lecture, role-playing practice and group discussion, this course will lay a foundation for participants to begin to develop their clinical skills in helping people accomplish change and help resolve ambivalence. Emphasis will be given to practical application of therapy techniques and troubleshooting difficult and challenging clinical circumstances across a variety of practice settings and populations. The intersection of interpersonal practice and MI in particular with the realities of structural racism and implicit bias will be woven into the fabric of the course.

## Objectives

Upon completion of this course, students will be able to:

- Develop a basic working knowledge of Motivational Interviewing

- Be familiar with the basic tools/skills of Motivational Interviewing.
- Develop a basic understanding of application of these skills in early engagement, information exchange, and initiation of a plan of action with a client.
- Be familiar with additional information and resources regarding developing Motivational Interviewing skills.
- Incorporate social work values and ethical principles in planning and implementing Motivational Interviewing.
- \*Understand the importance of a nuanced view of Motivational Interviewing and interpersonal communication at large in light of the reality of implicit bias and structural racism.

## Design

The class format includes video material and supplemental handouts, along with lecture, “Real”-playing practice and group discussion.

## Intensive Focus on Privilege, Oppression, Diversity and Social Justice (PODS)

This course will support students’ developing a vision of social justice, learning to recognize and reduce mechanisms that support oppression and injustice in practice. Students will work toward strengthening critical consciousness, self-knowledge and self-awareness to facilitate PODS learning. As stated above, the intersection of MI with the reality of structural racism and implicit bias will be an ongoing theme.

## Class Requirements

**Materials:** provided PDF’s (files section of Canvas) and videos (Media Gallery section of Canvas)

**Preparation for each class:** Prior to each class I will send out an announcement providing the preparation for the class. This will include brief readings and a video example of MI or a related style of practice. I will expect you to complete these readings and watch the video. This will comprise less than one hour of preparation per week. These readings and videos will inform our

discussions, and I will be assessing participation and engagement in each class. The other preparation will be for your recorded “real-play,” due on the last day of class.

## Schedule

Date/Time	Agenda	Required Readings & Assignments
10/7 6-9pm	Principles of MI Engaging Skills	Provided PDF's and videos
10/14 6-9pm	Engaging Skills Focusing Skills	Provided PDF's and videos
10/21 6-9pm	Focusing Skills Evoking Skills	Provided PDF's and videos
10/28 6-9pm	Evoking Skills Planning Skills	Provided PDF's and videos
11/4 6-9pm	MI “Real Plays” (some volunteer students)	Provided PDF's and videos

## Assignments

Assignment	Due date	Percent of overall grade
MI “Real Plays” (see Canvas for details)	November 4 <sup>th</sup> , 2020	80%
Class participation	All online meetings	20%

## Attendance and Class Participation

I expect you to attend online all of the minicourse classes in full. If you cannot attend a class for some reason, please contact me via email and we can work something out. It is important to me that you participate in the class discussions and activities. This is important, as MI is about communication and engagement with our clients. I model the class process on MI principles; therefore, part of the grade is your engagement in that process.

## Grading

This course will be pass/fail. I will base the grade on your final MI “real play” and class participation. In the event of a rare case of a “failing” grade, the “No Record COVID” rule will come into effect, and it will be treated as if it is in the D+ to E range, and converted to NRC automatically. Below are the University’s official rules regarding grading during COVID:

- The University of Michigan School of Social Work MSW program will use a modified grading system for academic year 20 - 21 that awards letter grades of A to C- and a notation of “NRC” (No Record COVID) for grades of D+ to E.
- Students in the University of Michigan SSW MSW program may withdraw or disenroll from a course through the last day of classes in the term without a “W” appearing on the official transcript.
- Faculty will enter all grades in Wolverine Assess as usual, including entering grades in the D and E range. Any grades from D+ to E will be converted to NRC automatically by the University.
- Students who receive a grade of NRC will receive no course credit and the grade will not factor into the GPA.
- Grades of A to C- do receive credit and will be factored into the GPA.

## Class Recording and Course Materials

I will be recording all of the full group portions of the Zoom meetings to post on Canvas for reference by students. On days when classes are recorded, students will be notified a recording is occurring. Class recordings and course materials may not be reproduced, sold, published or distributed to others, in whole or in part, without the written consent of the instructor.

## Health-Related Class Absences

You are encouraged to seek appropriate medical attention for treatment. School of Social Work students who miss class due to illness of any kind will be given opportunities to access course materials online or provided with alternative learning opportunities. Please notify me by email about your absence as soon as practical, so that I can make accommodations. Please note that documentation (a doctor’s note) for medical excuses is *not* required.

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Additional School and University policies, information and resources are available here: <https://ssw.umich.edu/standard-policies-information-resources>. They include:

- *Safety and emergency preparedness*
- *Mental health and well-being*
- *Teaching evaluations*
- *Proper use of names and pronouns*
- *Accommodations for students with disabilities*
- *Religious/spiritual observances*

- *Military deployment*
- *Writing skills and expectations*
- *Academic integrity and plagiarism*