



MOTIVATIONAL INTERVIEWING

Motivational Interviewing (MI) training and coaching from the National Council for Mental Wellbeing helps participants create conversations that empower people to make meaningful change. MI is an evidence-based approach that provides a framework for creating dialogue about change.

MI is based on four fundamental processes: engaging, focusing, evoking and planning.

RECOMMENDED FOR:



Clinicians
(mental health, substance use, physical health)



Case managers,
Care coordinators,
Peer support staff



Supervisors



Others invested in
whole health and
wellness

TIME COMMITMENT:

This training includes half- or full-day live sessions (in person or virtual) and consultation calls. The total time commitment ranges from **4-7 hours**.

What is covered?

Intro/refresher half-day training:

Provides a brief, interactive overview of MI principles and strategies.

- **TOPIC 1: Motivation, readiness and the language of change.**
- **TOPIC 2: MI spirit**
— Partnership, acceptance, compassion and empowerment.
- **TOPIC 3: MI strategies**
— Open-ended questions, affirmations, reflections and summaries (OARS).

Intro full-day training:

Longer training conducted through video demonstrations, practice and discussion.

- **TOPIC 1: Motivation, readiness and the language of change.**
- **TOPIC 2: MI spirit**
— Partnership, acceptance, compassion and empowerment.
- **TOPIC 3: MI strategies**
— Open-ended questions, affirmations, reflections, OARS and summaries.
- **TOPIC 4: Change talk**
— Identifying and responding to opportunities for growth and change.
- **TOPIC 5: Planning for change**
— Defining next steps for building competency in MI.

Intermediate half-day training:

Builds on knowledge of MI and enhances skills through videos, self-reflection, paired and small group activities and basic coding.

- **TOPIC 1: Principles, proficiencies and the MI spirit**
— Building competency with feedback and coaching, self-awareness and active listening.
- **TOPIC 2: Deepening OARS**
— Additional practice including complex affirmations and reflections with coding and feedback.
- **TOPIC 3: Evoking change talk**
— Recognizing change talk vs. sustain talk, types of summaries and additional practice.



Reach out to Consulting@TheNationalCouncil.org to discuss your organization's needs, costs and scheduling.

NATIONAL COUNCIL
for Mental Wellbeing