

# Certificate of Intensive Training in Motivational Interviewing

An Evidence-Based Program to Build MI Knowledge and Skills



Our Certificate of Intensive Training in Motivational Interviewing is a semester-long course grounded in the principles of MI developed by Miller & Rollnick.

The course builds skills critical for clinicians and staff who seek to promote patients' health

## This course is designed for individuals in healthcare fields who want to:

- Encourage patients to set and achieve goals for health maintenance and disease management
- Facilitate tobacco cessation
- Engage patients in active (non-pharmacological) management of chronic pain
- Address issues of problematic alcohol, opiate, and other drug use
- Improve patients' medication adherence
- Promote engagement in other evidence-based behavior change approaches, such as Cognitive-Behavioral Therapy

## Topics Covered in the course:

- The urgency of addressing health behavior in the delivery of patient care
- The relationship between the Stages of Change and MI
- Defining Motivational Interviewing
- The Spirit of MI and OARS
- Complex reflections and empathy
- Differentiating change talk from sustain talk
- Responding to sustain talk and discord
- The four processes of Motivational Interviewing
- Change planning
- History and theories of MI and the evidence for MI in facilitating behavior change

*"It's been over 20 years since I first encountered MI during graduate school. This course has exceeded my expectations in teaching me the philosophy and practice of MI and generating in me a level of excitement to use them daily. It validated skills I already use in practice and sharpened my interviewing abilities for the future. I already see improvement in my work and ability to strategize my responses in therapy quickly and accurately. Thank you so much."*

- In the words of a participant

# The Certificate Program is an Online, Hybrid, Interactive Training



## Ten Online Lessons (Building Knowledge)

In 10 carefully designed online lessons, you will build a new skill set with each module. Think of this as an opportunity—ten steps forward on your journey of growth, each one bringing you closer to a rewarding new capability.



## One-on-One Coaching Sessions

Get ready for a transformative experience! You will dive into two exclusive one-on-one sessions with a master MI coach, where you'll unleash your new skills. This isn't just practice; you'll get written feedback with the MICA tool to receive, objective feedback that pinpoints your strengths and reveals your clearest path to mastery.



## Five online Learning Labs

Get ready to supercharge your skills in our live, online Learning Labs. You won't just listen to a presentation—you'll engage in a truly interactive experience, interacting directly with a diverse group of students from every corner of the country to build and refine your expertise together.

If you're not quite ready for the full 22-hour Certificate Course, no problem! Dive into our course, "Building Knowledge in MI", consisting of 10 video lessons. To get a feel for MI, visit our website to watch a free video, "A Brief History of Motivational Interviewing."

- ✓ **Designed for:** Anyone in healthcare supporting patients and clients who are trying to live healthier lives. There are no prerequisites
- ✓ **Cost:** \$1700 for the full certificate course. Discounts for groups of 10 or more. "Building Knowledge in MI" is 10 video lessons, \$700
- ✓ **When:** The certificate course is given three times a year, in the Fall, Winter, and Spring. The "Building Knowledge" course is available throughout the year
- ✓ **CME/CE:** 22 hours CE/CME credits are offered in a variety of disciplines for the Full MI Course; 10 credit hours for "Building Knowledge"

