

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:** \$1800 for the full certificate course. Discounts for groups of 10 or more. "Building Knowledge in MI" is 10 video lessons, \$850
- ✓ **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"