

Enhanced Motivational Interviewing

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A. MOTIVATIONAL INTERVIEWING OVERVIEW (89 Minutes)

- Introduction The 6 Problems MI solves
- Lifting Client's Hope: Developing Credible Plans

B. LIFTING ENGAGEMENT, LOWERING RESISTANCE – Part I (265 Minutes)

- Info Gathering Strategies x Domains of Focus
- Elicit-Provide-Elicit
- Seeking Information: Open-ended, Closed-ended Questions + Commands
- Spirit of M.I. & Preventing Resistance
- Permission Questions
- Partnering Language
- Reflections: Simple & Complex
- Reflection: Double-sided
- Empathy
- Empathy + Empowerment & Empathy + Normalizing

C. GETTING TO GOALS: "WHAT LAND" (103 Minutes)

- Skills for Securing Agreed-upon Goals
- Flipping Concerns to Goals
- "Miracle Question" to Identify Goals
- Prioritizing Among Goals
- Complications with Setting Goals
- Transitioning from "What Land" to "Why Land" (client's motivation)

D. LIFTING MOTIVATION: "WHY LAND" (145 Minutes)

- Introduction to Change Talk
- Recognizing 6 Types of Change Talk
- Scaling Questions
- Walk-it Forward & Best-Worst Case Scenario

- The “Change-Talk-a-Nator 2025”

Extending Change Talk

- Extending Change Talk – Getting Greedy with Green Talk
- Transitioning from “Why Land” to “How Land”: Moving to Planning for Change

E. DEVELOPING PLANS: “HOW LAND” (36 Minutes)

- Planning for Change

F. LIFTING ENGAGEMENT, LOWERING RESISTANCE – Part II (119 Minutes)

- Affirmations
- Client’s Ambivalence & Stages of Change: Skills for Engaging
- Summaries
- Rolling with Resistance
- Possessiveness and its Antidotes: Autonomy Recognition + Shift
Focus/Perspective
- Boundaries & Returning Focus to Client + Empathy
- Amplified Reflections