

UNC School of Social Work 2-Day Clinical Institute on Motivational Interviewing
Small moments for impactful change with Marty Weems, LCSW, LCAS

Agenda - Day 1

Day 1 will cover foundational theories, relational elements, core skills, engaging, and focusing.

8:30 – 9:00 am – Registration and coffee and light fare

9:00 to 10:30 am

- What is Motivation?
- Stages of change
- Components of change: Discord, Ambivalence, Motivation
- Definition of MI
- Theoretical foundations
- Relational elements: Spirit of MI & Principles

10:30 – 10:45 am - Break

10:45 am to 12:00 pm

- Four Processes - Engaging, Focusing, Evoking, Planning
- Engaging: OARS

12:00 to 1:00 pm – Lunch buffet in lobby

1:00 to 1:45 pm

- Practicing OARS

1:45 to 2:30 pm

- Focusing
 - Sources of focus
 - Styles
- Focusing techniques
 - Three-month priorities
 - Menu of options
 - Agenda mapping
 - Focusing using values

2:30 to 2:45 pm - Break

2:45 to 3:45 pm

- Practice focusing

3:45 to 4:00 pm

- Questions and Answers
- Evaluation/Closing Remarks

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Agenda - Day 2

Day 2 will cover change talk, evoking, traps to avoid, dealing with discord, and change planning.

8:30 - 9:00 am - Registration and coffee and light fare

9:00 to 9:15 am - Review experiences with using MI skills from Day 1

9:15 to 10:30 am

- Sustain Talk
- Change Talk
 - Preparatory: DARN
 - Mobilizing: CAT
- Signs of Readiness for Change

10:30 to 10:45 am - Break

10:45 to 12:00 pm

- Evoking Techniques
 - EARS
 - Evocative questions
 - Elaboration
 - Values & goals
 - Looking forward/Looking back
 - Rulers
 - Query extremes
- Eliciting and strengthening confidence language

12:00 to 1:00 pm - Lunch buffet in lobby

1:00 to 2:30 pm

- Dealing with Discord
 - Discord vs. resistance
 - Traps to avoid
 - Smoke signals
 - RULE
 - Strategic approaches to deal with discord

2:30 to 2:45 pm - Break

2:45 to 3:45 pm

- Giving feedback and advice: E-P-E
- Change Planning: Recapitulation; Key question; Strengthening commitment to change; Change Plan worksheet

3:45 to 4:00 pm - Evaluation/Closing Remarks