**COE Learning Network:** Motivational Interviewing Refresher

**Presenters:** Christine Crowell, Samantha Mears, Elizabeth Schrage

**Date and Time:** July 3rd, 2024 - 12:00 pm- 1:30 pm

**Location:**Virtual Training (on Zoom)

**Host:**University of Pittsburgh, School of Pharmacy, Program and Evaluation Unit (PERU)

**Target Audience:**Centers of Excellence Leadership and Staff

**Training Objectives:**

* Define motivational interviewing (MI) and describe the MI spirit.
* Describe the change process.
* List the steps in the POLAR\*S model and describe the connection of the POLAR\*S model to MI.
* Apply the POLAR\*S model to common client scenarios.

**Agenda:**

* Introduction
* MI Basics
	+ Motivation interviewing definition
	+ Spirit of motivational interviewing
		- Partnership
		- Acceptance
		- Compassion evocation
	+ Discussion of barrier to using MI
	+ Focus on the Spirit
	+ Practice MI Spirit
* The Change Process
	+ Philosophy of change
	+ Ambivalence
	+ Develop Discrepancy
	+ Replace the Righting Reflex
* Change Talk and Sustain Talk
	+ Change Talk
	+ Sustain Talk
	+ Change talk vs Sustain talk
	+ Practice facilitating change talk
* Using POLAR\*S
	+ Overview of POLAR\*S
	+ POLAR\*S examples
	+ POLAR\*S is not a checklist
	+ Permission
	+ Open-ended questions
		- Closed and open ended examples
	+ Listen Reflectively
		- Reflections are not questions
		- Formulating a reflection
		- Practice listening reflectively
	+ Affirmation
		- How to craft and affirmation
		- Evoking affirmation
		- Practice affirmation exercise
	+ Roll with Ambivalence
		- Rolling with ambivalence and the MI spirit
		- Practice exercise
	+ Summary
		- Crafting a summary
		- Options and goal setting
		- Summarizing practice scenario
	+ Key take aways POLAR\*S
* Making Connections
* Questions

**References:**

* Miller, W. R., & Rollnick, S. (2013). Applications of motivational interviewing. Motivational interviewing: Helping people change (3rd edition). New York, NY, US: Guilford Press.
* Center for Substance Abuse Treatment. Enhancing Motivation for Change in Substance Abuse Treatment. Treatment Improvement Protocol (TIP) Series, No. 35. HHS Publication No. (SMA) 13-4212. Rockville, MD: Substance Abuse and Mental Health Services Administration, 1999 (revised 2013).
* Rollnick, S., Miller, W.R., & Butler, C.C. (2008). Motivational Interviewing in Health Care: Helping Patients Change Behavior. New York, NY, US: Guilford Press.
* Rosengren, D.B. (2018). “Building Motivational Interviewing Skills: A Practitioner Workbook, 2nd Ed.” New York, NY, US: Guilford Press.