**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.