

# MOTIVATIONAL INTERVIEWING FACILITATED VIRTUAL TRAINING OPTIONS



## DESCRIPTION

The Motivational Interviewing (MI) training is designed to bring a foundation of best practices and innovative approaches to human service providers. According to the founders, William Miller and Stephen Rollnick, "Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for, and commitment to, a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion." Motivational Interviewing is a critical tool for those in the helping professions. Many clients have substantial difficulty making changes around lifestyle and treatment, which are needed to live a healthy life. This MI training is designed to provide all the information one needs to implement MI effectively with clients.



## FACILITATED VIRTUAL TRAINING:

Virtual trainings are live, facilitated workshops offered using the Zoom platform. Our programs are designed to build confidence and competence by offering opportunities to practice new skills (with activities such as scenarios, reflections, demonstration/modeling, discussion, role & real play, collaborative whiteboard). Each facilitated virtual training includes an *Activity* handout that supports the interactions included in the session, a *Practice Tools* handout that supports implementation and continued learning after the training, and a *Slides and References* handout of the material covered. We understand that adult learning requires ongoing practice, and we work with organizations to support staff beyond their online or virtual trainings, through coaching, practice sessions, and facilitation guides that can be used to encourage continued learning.

## CURRICULUM

### **Introduction to Motivational Interviewing (MI) Skill-Building (3 trainings, 6 hours)**

Focuses on the implementation of the theory and approaches of Motivational Interviewing, including demonstrations and activities to help build confidence and practical application of the skills. Includes 3, 2-hour facilitated virtual trainings:

- Spirit of Motivational Interviewing & the Nature of Change
- MI Steps: Engage & Focus, using OARS & Elicit – Provide – Elicit
- MI Steps: Evoke & Plan, using DARN-C; Confidence & Importance Rulers

Motivational Interviewing training requires building some base competencies before progressing. Our trainers consider the skill level of the group and may revise content to better match where they are in the learning process.

### **Motivational Interviewing Online Training Supplemental Practice Sessions**

For organizations implementing the MI online training, practice sessions can be interspersed after each of the 9 online courses to improve confidence and skills. (1-2 hours)

## ENROLLMENT

There are two options for managing learner enrollment.

- Coldspring Center can manage enrollment: The client will send an email with the names and email addresses of the learners they wish to enroll to a Coldspring Center project staff, who will enroll the learner(s) within 2 business days (typically, same day).
- Client can manage enrollment: The client will be provided with a URL to the Learning Center and an access code, which they will then provide to any learner(s) that need to be enrolled.

## EVALUATION, CERTIFICATES, AND CONTINUING EDUCATION CREDITS

If requested, a training evaluation and final report will be provided at the completion of the training. Individuals who complete the training will earn a certificate of completion, and if eligible, Continuing Education Credits (CECs). Coldspring Center partners with the National Association of Social Workers – Colorado Chapter (NASW-CO) to provide the CECs. It is the responsibility of the organization/individual learner to confirm that their specific licensing body will accept CECs from NASW-CO.

## RECORDING ACCESS

Facilitated virtual training can be recorded, but this must be agreed upon beforehand and does include additional costs. Coldspring recommends thinking through this carefully. Recording sessions can have a negative impact on learner participation in the facilitated training. It is also not as effective as a recording because of the interactive nature of our training.

## TECHNICAL REQUIREMENTS

Learners will need access to the following:

- Computer or tablet, phones are not recommended
- Browser: must support cookies, and use the most recent version of Google Chrome, Microsoft Edge, Mozilla Firefox, or Apple Safari
- Speakers/headphones/earbuds - for learners with hearing impairments, full script is available
- Webcam

To access courses, training materials, evaluation, and certificates of completion, learners will have an account in the Coldspring Learning Center: <http://coldspringcenter.org/LearningCenter>. Facilitated virtual training is offered using Zoom (unless otherwise agreed upon).

## SERVICES

<b>Services Available</b>	<b>Cost</b>
Facilitated virtual training – for each 2-hours of training	\$1,200
Technical assistance, coaching, systems implementation support (optional)	\$150/hour
Recording access – for each 2-hour training (optional)	\$600

## CONTACT US

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