MOTIVATIONAL INTERVIEWING
IN-PERSON AND FACILITATED VIRTUAL TRAINING

Coldspring Center
for Social and Health Innovation

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." MI is a powerful research-based intervention that can be implemented regardless of the educational level of the staff person. This MI training is designed to practice skills that help staff build confidence and implement MI effectively.

IN-PERSON OR FACILITATED VIRTUAL TRAINING:

In-person training can be provided on-site and requires an estimate based on your specific location. Virtual training is 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, in-person, 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 (3-5 trainings, 6-10 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:

- Spirit of Motivational Interviewing
- The Nature of Change – ambivalence, sustain and change talk
- Readiness to change, stages of change
- Recognizing engagement vs disengagement
- OARS (Open-ended questions, Affirmations, Reflections, Summaries)
- Shared agenda
- Tools for offering information: Elicit – Provide – Elicit (Ask - Tell - Ask)
- DARN-CATs
- 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 people 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.

ENROLLMENT

There are two options for managing learner enrollment.
- Coldspring Center can manage enrollment: The partner organization 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).
- Partner organization can manage enrollment: The partner organization 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

For many trainings, access to recordings can be provided to support learner absences. If the organization would like recordings to be available after the live training has been completed, that requires an estimate based on your needs.

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 (Virtual Training)

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

Services Available	Cost
Facilitated virtual training – for each 2-hours of training	$1,400
In-person training – for each 2-hour training (plus travel expenses for locations more than 50 miles from Denver)	$1,600
Technical assistance, coaching, systems implementation support (optional)	$175/hour
Recording access – for each 2-hour training (optional)	TBD

CONTACT US

Info@ColdspringCenter.org | www.ColdspringCenter.org | P.O. Box 18292 | Denver, Colorado 80218 | 720.432.4529