



MI TTT Session Descriptions

August 24, 2017

MI TTT session 1

Goal: Enhance knowledge of MI research, principles and strategies; improve mastery of MI skills through focused practice. Increase understanding and knowledge of training principles and techniques.

Content: Motivational Interviewing part 1: Foundational Skills will be conducted by Elizabeth. Introductions of MI TTT participants, review of the MI TTT course. Group exercise and discussion on effective training components.

September 28, 2017

MI TTT session 2

Goal: Increase knowledge of MI techniques, including assessing readiness to change and tailoring interventions to match. Improve mastery of MI skills through focused practice. Enhance skills and effectiveness as a trainer of MI.

Content: Motivational Interviewing part 2: Supporting people in positive change will be conducted by Elizabeth. Didactic, interactive presentation on adult learning, and related training practices. In small groups, practice presenting a portion of the MI workshop, and obtain feedback. Discuss common training fears and difficulties and ideas on how to address.

November 6, 2017

MI TTT session 3

Goal: Enhance effectiveness as a MI practitioner and trainer; develop training plan for the trainers' organization

Content: De-brief and sharing of experience of practice MI workshop. Trouble shoot and share solutions. Micro skills practice for training. Development of MI training plan for each trainer's organization. MI micro skills practice.

January 23, 2018

MI TTT session 4

Goal: Enhance effectiveness as an MI practitioner, trainer and influencer.

Content: Didactic presentation on enhancing empathy conveyance in all aspect of organizations. Micro skills practice as a trainer and a practitioner. Identify intervention goal for increasing empathy conveyance/MI congruence in one aspect of the organization's process.

March 28, 2018

MI session 5:

Goal: Learn or enhance clinical skills and knowledge in measuring therapeutic alliance for effective treatment, based on Scott Miller and Barry Duncan's work. Consider, explore and share ideas for sharing with organizations.

Content: Didactic presentation on measurement of therapeutic alliance, and use of the measurement in improving treatment outcomes. Introduction of alliance measurement tools, practice sessions focused on their use.

May 15, 2018

MI Session 6

Goal: Celebrate success! Group discussion and cross-learning on MI training roll out and continued learning and growth opportunities.