



Brief Motivational Intervention with Gabe Turner

Summary

- Users gain skills for brief interventions using Motivational Interviewing (MI) to encourage clients to engage in behavior change.
- Helps to develop client-centered therapeutic approaches that allow the client to strengthen their own internal motivation for change.
- Gabe Turner is prepared to repeatedly practice with the user to build motivation by providing varied and realistic conversations about his desire to change his drinking habits.
- Users receive ongoing feedback on their progress and post-session scores that reflect on their mastery of the learning objectives.

Development

System development was in partnership with Dr. Jennifer Putney, Dr. Tamara Cadet, Dr. Kimberly O'Brien, and Cali Ryan Collin from Simmons School of Social Work; Dr. Denise M. Scott from Howard University; and Dr. Nadine Mastroleo from Binghamton University.

Learning Objectives

After spending time with the learning materials and completing a series of conversations about change, the user will be able to:

- Discuss a client's drinking habits and how they potentially conflict with the USAUDIT standards,
- Utilize the MI process of engaging, focusing, evoking, and planning with a client,
- Develop a collaborative client-centered therapeutic relationship,
- Demonstrate respect by being culturally sensitive,
- Effectively utilize OARS during an intervention,
- Use rulers to have a client self-assess and communicate their motivation,
- Elicit change talk to strengthen a client's motivation,
- Express empathy during a session in an appropriate manner.



Seat Time

- Approximately 15 minutes of e-learning material.
- Simulated conversations last 30-45 minutes.
- An average user will require 4-5 hours to achieve mastery of the learning objectives, but can learn the basics in a few hours.

NOTE: Figure does not account for longer-term "refresher" sessions, which will vary by user.

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