



Motivational Interviewing Training

Summary

- Users practice motivational interviewing techniques in a counseling session with Jack Grant, a cocaine user.
- The training is intended for all healthcare providers who see clients who engage in risky behaviors.
- In each practice session, Jack's willingness to consider ending his drug use, reasons to consider changing, and reasons to keep using cocaine vary, creating a unique experience every time.
- Users receive quantitative and qualitative feedback during and following each interview, based on the MI approach outlined in the learning objectives.

Scenario

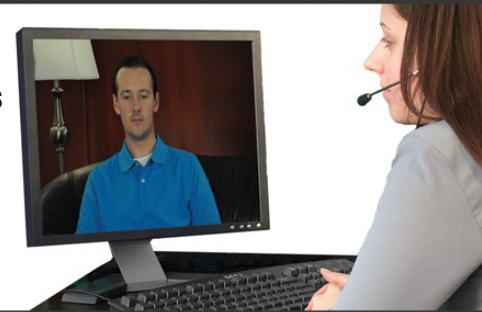
- Users assume the role of a counselor or clinician talking to Jack Grant, a regular cocaine user. Talk with Jack as he explores his own needs and values, and help him to think about the advantages and disadvantages of using cocaine.
- If MI is properly used, Jack will more fully understand the effects of using cocaine and may decide to change.
- Jack behaves differently in every conversation based on his willingness to change, reasons for using, and reasons to consider stopping his cocaine use.
- Topics the user can discuss include:
 - Advantages and disadvantages of using cocaine
 - Jack's feelings about his wife, son, friends, and relationships
 - Usage history
 - Fear of being arrested
 - Triggers that make Jack want to use cocaine
 - Health issues and side effects
 - Jack's desire to collaborate on a change plan



Learning Objectives

After achieving mastery through repeated conversations, the user will be able to:

- Understand and use MI techniques to develop supportive, collaborative relationships
- Properly use simple and complex reflections and open and closed questions
- Understand and use proper ratios of reflections to questions
- Use MI-adherent statements while avoiding non-adherent statements



Seat Time

- Approximately 5 hours of e-learning material.
 - Simulated conversations last 20-40 minutes.
 - Average user will require 8-25 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.