

MI INTRODUCTION TRAINING - LEARNING OBJECTIVES

At the end of Session 1, you should be able to:

Topic	Learning Outcome
MI Elements	<ul style="list-style-type: none"> Define MI as an approach Define the 4 Elements of MI Define the 8 Stages of Learning MI
OARS	<ul style="list-style-type: none"> Understand & Demonstrate the use of Open Questions, Summarising & Affirmations
MI Competencies	<ul style="list-style-type: none"> Understand MI Competencies through Self-Assessment
Concepts of Motivation	<ul style="list-style-type: none"> Enhanced awareness of Motivational Obstacles What motivates and practitioner frustrations with behaviour change
Righting Reflex	<ul style="list-style-type: none"> Understand the concepts of Righting Reflex & its interactions with ambivalent clients
MI Spirit	<ul style="list-style-type: none"> Appreciate clients challenges discussing behaviour change Understand helpful practitioner characteristics
Change Talk	<ul style="list-style-type: none"> Identify Sustain Talk, Preparatory Change Talk & Mobilising Talk Recognise the Role of Language in relation to The Stages of Change Model

At the end of Session 2, you should be able to:

Topic	Learning Outcome
Approaches to Behaviour Change Conversations	<ul style="list-style-type: none"> Identify, Define & Demonstrate two approaches to Behaviour Change Conversations Identify Change Talk / Sustain Talk Identify Resistance
OARS	<ul style="list-style-type: none"> Identify the use / impact of OARS & MI Spirit with a resistant client as demonstrated in the video segments
Open Questions	<ul style="list-style-type: none"> Identify & Demonstrate understanding of Open & Closed Questions Demonstrate Helpful Open Directional Questions

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At the end of Session 3, you should be able to:

Topic	Learning Outcome
MI Processes	<ul style="list-style-type: none">• Understand the function and sequence of MI Processes
Reflective Listening	<ul style="list-style-type: none">• Demonstrate four types of Reflective Statements• Conduct a conversation segment solely using Reflective listening
Summarising	<ul style="list-style-type: none">• Construct and deliver Summaries
Affirming	<ul style="list-style-type: none">• Construct and deliver Affirmations

At the end of Session 4, you should be able to:

Topic	Learning Outcome
Early Session Traps	<ul style="list-style-type: none">• Understand potential early session worker traps
Reflective Listening	<ul style="list-style-type: none">• Demonstrate Reflective listening• Conduct a conversation segment solely using Reflective listening
Summarising	<ul style="list-style-type: none">• Demonstrate the use of summary's in client conversations
Affirming	<ul style="list-style-type: none">• Demonstrate the use of Affirmations in client conversations
Open Questions	<ul style="list-style-type: none">• Demonstrate the use of Open Questions in client conversations
Managing Ambivalence	<ul style="list-style-type: none">• Understand the complexities of managing client ambivalence• Demonstrate managing an ambivalent client in exploring change