

MOTIVATIONAL INTERVIEWING

A Way of Being that Supports Engagement and Behavior Change



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WHAT IS MOTIVATIONAL INTERVIEWING

"Motivational Interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change."

Over the past few years there has been increased attention on Motivational Interviewing as an evidenced-based practice that supports both engagement and change. MI is collaborative and caring, while recognizing and honoring the autonomy of every individual. People experiencing MI are viewed as experts about themselves and it is the "interviewers'" responsibility to evoke and listen deeply to their ideas and beliefs. It is their perspective and values that will support the change being sought.

The effectiveness of MI will vary widely based on the fidelity of delivery. That fidelity will be supported by observation of actual practice (with feedback) and mindful supervision. Proficiency in MI can lay groundwork for effective, caring services and more helpful conversations that lead to real change.

SERVICES

Basic Training

Learners will gain a basic understanding of MI through learning about the spirit of MI; the four fundamental processes of MI; 5 key communication skills; and exchanging information.

Advanced Training

This training builds upon the basic training and advances practice of MI techniques such as: recognizing, mobilizing and evoking "change talk"; handling "dubious change talk" and responding to change talk; responding to discord; evoking hope and confidence; and planning for change.

Ongoing Coaching

Ongoing coaching can build in-house expertise of MI, including "champions". In-house "champions" have the best understanding of the work being done by the organization. These "champions" are supports for the ongoing implementation of MI and training of new staff.

Practice Observation

Organizations can have their individual staff observed (through audio recording or direct observation) as a way to develop motivational interviewing skills and enhance fidelity to the model. The M.I.T.I. 4.2.1 can be used as a coding tool.



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WHO WE ARE

CCSI's Training and Practice Transformation team is comprised of training professionals and support staff who are dedicated to helping individuals and organizations expand their trauma-informed care knowledge base and practice capacities. Our training team members have experience working directly in clinical program settings—they combine deep content knowledge with a solid appreciation for the challenges associated with learning and implementing new ways of delivery services in "real world" settings.

MOVING KNOWLEDGE INTO PRACTICE

At the heart of our training offerings is a desire to help individuals move from trauma-informed care knowledge to sustainable and real practice transformation.

This means supporting training participants on how to implement trauma-responsive principles into their daily practice through interactive role playing, tools and resources for continued learning, post-training coaching, and more.

PRICING

Our services are customizable and priced based on the client's goals and learning objectives. We work with individuals and organizations of all sizes and capabilities.

WHAT'S NEXT?

If you're interested in moving your organization towards a trauma-responsive approach, please contact us to set up a consultation call.

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