

MOTIVATIONAL INTERVIEWING

Basic information about the subject (independent of the cycle)

Language	English
Educational outcomes verification methods	Students will understand the key components to motivational interviewing, demonstrate motivational interviewing skills, and successfully apply the techniques to new scenarios.
Description	This course will introduce students to the theory and techniques associated with motivational interviewing. This is a relatively New psychotherapy approach (begun in the 1980s) which incorporates aspects of person- centered, cognitive-behavioral, and existential therapies. Motivational interviewing is used to assist individuals who need to make changes in their lives (e.g., due to health reasons) but have ambivalence about making these changes. Students in this course will complete readings related to motivational interviewing, gain additional information from class lectures and discussions, and practice skills related to motivational interviewing. Key techniques in motivational interviewing include asking open questions, affirming clients' emotions, summarizing, goal-setting, planning, and helping clients to see discrepancies between their desires, thoughts, and behaviors. In this class, recent research supporting the use of motivational interviewing in a wide variety of contexts will also be discussed.
Reading list	Miller, W. R., & Rollnick, S. (2013). Motivational interviewing. New York: Guilford Press. The total amount of assigned readings is about
Educational outcomes	<p>KNOWLEDGE Students will:</p> <ul style="list-style-type: none"> • Possess the basic knowledge of the concept of motivation <p>SKILLS Students will:</p> <ul style="list-style-type: none"> • Be able to understand the key components to motivational interviewing, • demonstrate motivational interviewing skills <p>ATTITUDES Students will:</p> <ul style="list-style-type: none"> • Display interest in the areas connected to motivational counselling
A list of topics	<ul style="list-style-type: none"> • Defining Motivational Interviewing • Use of Empathy • Listening: Understanding the Person's Dilemma) • Core Interviewing Skills • Goal Setting • Supporting Change Talk • Evoking Hope

	<ul style="list-style-type: none"> • Helping Clients to Brainstorm Options • Engendering Motivation • Helping the Client to Plan • Strengthening Client Commitment
Teaching methods	Discussion, presentation, lecture, group work
Assessment methods	On-going evaluation on the basis of active class participation and the students' familiarity with the assigned literature