**Motivational Interviewing**

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| |  | | --- | | 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 techniquesassociated 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. |
| Educational outcomes | KNOWLEDGE  Students will:   * Possess the basic knowledge of the koncept of motivation   SKILLS  Students will:   * Be able to understand the key components to motivational interviewing, * demonstrate motivational interviewing skills   ATTITUDES  Students will:   * Display interest in the areas connected to motivational counselling |
| A list of topics | * Defining Motivational Interviewing * Use of Empathy * Listening: Understanding the Person’s Dilemma * Core Interviewing Skills * Goal Setting * Supporting Change Talk * Evoking Hope * 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 |