**SYLLABUS**

|  |  |  |  |
| --- | --- | --- | --- |
| COURSE TITLE | | Motivational Interviewing | |
| CREDITS | | 2 | |
| LANGUAGE OF INSTRUCTION english | |  | |
| DEPARTMENT/FACULTY | | Chair of Clinical Psychology and Neuropsychology, Institute of Psychology, Faculty of Education and Psychology,  The Maria Curie-Skłodowska University, Lublin, Poland | |
| LECTURER(S) Robert Modrzyński | |  | |
| COURSE OBJECTIVES | | | |
| Students who successfully complete this course will have a basic knowledge of and insight into:   * The student is acquainted with the Transteoretical Model of Change, the spirit of Motivational Interviewing and four processes in Motivational Interviewing. * The student is able to apply skills in listening to the patient and working in accordance with the spirit of MI. * The student is able to apply practical skills in applying basic DM skills: opening questions, appreciative listening, reflective listening and summarizing during a motivational conversation. | | | |
| PREREQUISITES |  | | |
| COURSE ORGANISATION –LEARNING FORMAT AND NUMBER OF HOURS | | | |
| 30 hours of workshops | | | |
| COURSE DESCRIPTION | | | |
| 1. What is motivational interviewing  * Talks about change * Transteoretical Model of Change * The Spirit of Motivating Interviewing * Four processes in MI  1. Commitment – grounging in relationship  * Communication traps * Factors promoting engagement * Listening   + Reflecting listening   + Reflections   + Opening questions   + Affirmations   + Exploring values   + Stenghtening self-efficacy * Goal settings  1. Evocation – preparation for change  * Ambivalence * Responding to the language of change * Responding to the language of maintenance * Evoking hope and confidence * Developing discrepancy   IV. Planning   * Developing change plans * Strengthening commitment | | | |
| METHODS OF INSTRUCTION | | | * Discussion based on the given literature, * Therapeutic contact workshop,, * Didactic films, * Case studies. |
| REQUIREMENTS AND ASSESSMENTS | | | * Active participation in classes, * Conducting a 15-minute conversation with someone (not a family member) in the spirit of motivational dialogue. Any issue or problem of motivating work, * Final written exam. |
| GRADING SYSTEM | | | Success in this course depends on attending class regularly, actively participating in class, conducting a 15-minute conversation with someone (not a family member) in the spirit of motivational dialogue and passind the final test. |
| TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS | | | Contact hours (with the participation of the academic teacher)  Seminar - 30  Total number of hours with the participation of the academic teacher - 30  Number of ECTS credits with the participation of the academic teacher - 1  Non-contact hours (students' own work)  Preparing for classes - 15  Studying the literature - 15  Total number of non-contact hours - 30  Number of ECTS credits for non-contact hours - 1  Total number of ECTS credits - 2 |
| STUDYMATERIALS | | | **PRIMARY BOOKS/READINGS:**  Miller, W.R., Rollnick, S. (2013). *Motivational Interviewing, Third Edition: Helping People Change.* The Guilford Press**.** |