**SYLLABUS**

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| 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.
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| 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
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| METHODS OF INSTRUCTION | * Discussion based on the given literature,
* Therapeutic contact workshop,,
* Didactic films,
* Case studies.
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|  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.
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| 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 - 30Total number of hours with the participation of the academic teacher - 30Number of ECTS credits with the participation of the academic teacher - 1Non-contact hours (students' own work) Preparing for classes - 15Studying the literature - 15Total number of non-contact hours - 30Number of ECTS credits for non-contact hours - 1Total 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**.**  |