3. Learning Objectives

Upon successful completion of the course, participants will be able to:

- Explain the principles, spirit, and applications of Motivational Interviewing.
- Describe how therapeutic relationships influence behaviour change outcomes.
- Demonstrate proficiency in the OARS communication skills: Open-ended questions, Affirmations, Reflective listening, and Summarizing.
- Deliver advice and information using MI-consistent communication approaches.
- Apply the four foundational processes of MI—Engaging, Focusing, Evoking, and Planning—during client interactions.
- Evoke and strengthen client change talk while responding constructively to sustain talk.
- Collaboratively develop SMART behaviour change plans with clients.
- Critically assess their MI skills and identify strategies for continued competency development.