4. Detailed Course Outline

Module 1: Introduction to Motivational Interviewing

- Definition and foundational concepts of Motivational Interviewing (MI).
- The value and application of MI for health professionals and others supporting behaviour change.
- The importance of the provider–client relationship.
- Introductory tools and strategies that can be applied immediately in practice.

Module 2: Core MI Communication Skills

- MI-consistent approaches to offering advice and information.
- Introduction to the core MI skills.
- Asking open-ended questions that encourage exploration.
- Using the question, “What’s important about _____?” to explore client priorities.
- Delivering meaningful affirmations and acknowledgements.
- Reflective listening.
- Summarizing.
- Demonstration of MI in practice.

Module 3: OARS, Listening, and Self-Assessment

- Applying the OARS communication skills.
- Developing attentive, reflective listening skills.
- Understanding what an MI interview can look like in practice.
- Engaging in an MI interview plus self-critique.
- Using the MI Competence Tool for self-critique.
- Recognizing the importance of practice in developing MI competency.

Module 4: The Spirit and Processes of Motivational Interviewing

- Observing and reflecting on one's own MI practice.
- Integrating OARS and MI-consistent advising skills.
- Understanding empathy as being “over there” with the client.
- Applying the guiding principles of MI and the R.U.L.E. rule.
- Understanding the underlying spirit of MI.
- Exploring the four foundational processes of MI:

- Engaging
- Focusing
- Evoking
- Planning

Module 5: Focusing and Evoking Motivation for Change

- Understanding Focusing and Evoking as the two central processes that drive the work of MI.
- Identifying a client's focus or “north star” for change.
- Responding to sustain talk and encouraging change talk.
- Strengthening change talk to support goal-setting.
- Using evocative techniques to make the change process more concrete.
- Eliciting preparatory change talk and mobilizing change talk.
- Exploring, identifying, and drawing on clients’ values.

Module 6: Planning for Behaviour Change and Developing Competency

- Recognizing when a client is ready to move into Planning.
- Exploring what collaborative behaviour change planning looks like in practice.
- Applying the SMART approach to behaviour change goals.
- Consolidating commitment and navigating discord.
- Strengthening MI practice through deliberate practice.
- Reflecting on the role of the helper, the person being supported, and the working relationship.

Module 7: Bonus Content — MI Interviews in Practice

- Reviewing complete MI interviews.
- Observing foundational MI tools and communication approaches in action.
- Connecting course concepts and skills to practical client interactions.