Fundamentals of Motivational Interviewing

Continuing Education Credit Information Package

> The following information is provided to support your application for continuing education credits for *Fundamentals of Motivational Interviewing*, offered by The Monarch System, Inc. Please check with your professional association or regulatory college for its specific application requirements and eligibility criteria.

1. Course Information at a Glance

Information required	Course details
Title of training	Fundamentals of Motivational Interviewing
Training provider	The Monarch System, Inc.
Delivery format	Online, self-study
Instructional hours	6 core modules totaling 6.5 hours [4.5 hours of instructional training + 1 hour practice session and self-critiquing + cumulative 1 hour of knowledge competency assessments]
Instructors	Jennifer D. Irwin, PhD, CPCC, PCC and Don Morrow, PhD, CPCC, PCC
Assessment method	Module-specific knowledge competency quizzes
Passing requirement	Minimum score of 80% on each module quiz (unlimited attempts)
Proof of completion	Certificate of Completion issued upon successful course completion

2. Course Description

Fundamentals of Motivational Interviewing is a self-paced online training program designed to develop participants' knowledge and practical skills in Motivational Interviewing (MI), an evidence-informed communication approach that supports people in exploring and strengthening their own motivation for behaviour change.

Across six core modules, participants learn to build collaborative helping relationships, apply the core MI communication skills, navigate ambivalence, evoke clients' own reasons for change, and develop

collaborative behaviour change plans. The training emphasizes practical application, reflective self-assessment, and repeated practice to support the development of MI competency.

Although designed with health professionals in mind, the communication strategies taught throughout the course are relevant to other professionals who support individuals in making behaviour changes (e.g., peer support workers, educators and school counsellors, leadership professionals, human resource professionals, criminal justice and corrections officers).

A bonus module provides additional opportunities to review complete MI interviews and observe the core tools and approaches in practice.

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.

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.

5. Learning Assessment and Completion Requirements

Participants complete a knowledge competency assessment at the end of each of the six core modules.

- A minimum score of **80% is required on each module assessment**.
- Participants must successfully complete the assessment for each module before proceeding to the next module.
- Assessments may be retaken until the required passing score is achieved.
- A Certificate of Completion is provided upon successful completion of the course.

6. Instructor Credentials

Jennifer D. Irwin, PhD, CPCC, PCC and Don Morrow, PhD, CPCC, PCC

The course is delivered by experienced Motivational Interviewing and coaching trainers with more than 20 years of experience. Both instructors are multi-award-winning university-level teachers and highly published researchers, bringing together practical teaching expertise and research-informed perspectives on communication and behaviour change.

7. Documentation for Your CE Application

Upon successful completion of the training, participants receive a Certificate of Completion that can be submitted as supporting documentation for a continuing education credit application.

Depending on the requirements of your professional association or regulatory college, you may also need to provide:

- The course description and learning objectives.
- The detailed course outline.
- The total instructional hours.
- Evidence of successful completion and assessment.
- Instructor qualifications and credentials.
- Any additional forms or documentation required by your professional body.

Important: Continuing education credit approval and the number of credits awarded are determined by the relevant professional association or regulatory college. Completion of this course does not, by

itself, guarantee approval or a specific number of credits.

We recommend confirming your professional body's requirements before submitting your application.