

COURSE LESSON PLAN

Instructor(s)	
Subject	Motivational Interviewing (MI) Refresher
Instructional Time	4 Hours
Number of Trainees	20
Room Set-up	Classroom Setting - Small Groups
Equipment	Laptop, Projector, Video Screen, Flip Charts, Markers, Name Tags, Index Cards
Handouts	Powerpoint Slides, Cultivating Change Talk Activity 1.2, Transcription Sheets, Empathy Activity 1.1
Testing	N/A

*Course will be facilitated by 2 pre-selected instructors.

COURSE SUMMARY: This course will be provided to sworn County Probation staff who have completed the Motivational Interviewing (MI) Fundamentals course to ensure MI proficiency, through the implementation of subject matter overview, and practical application activities. This four hour course provides participants with a comprehensive skill set for effectively communicating with clients using MI techniques.

COURSE OBJECTIVES: (Use action verbs that describe observable behavior, i.e. identify, demonstrate, label, write, explain, describe.)

- a) Explain the two components of MI: Technical and Relational.
- b) Describe technical component of MI: Cultivating Change Talk.
- c) Describe technical component of MI: Softening Sustain Talk.
- d) Describe relational component of MI: Partnership.
- e) Describe relational component of MI: Empathy.

Teaching Methods:

- a) Lecture
- b) Group Discussion
- c) Demonstration
- d) Group Exercise
- e) Audio/Video Clip
- f) Trainee Practice

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Time	Objective / Purpose	Teaching Method	Activity	Materials & Equipment	Trainer
0800	<ol style="list-style-type: none"> 1. Icebreaker. 2. Course Introduction. 3. Instructor will review the goals and expectations of the course. 	<ol style="list-style-type: none"> 1. Lecture 2. Group Discussion 3. Group Exercise 	<ol style="list-style-type: none"> 1. Give everyone 5 minutes to make his or her own nametag. They can list hobbies, draw a picture, or write a self-profile. 	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 6. Name tags 	
0805	<ol style="list-style-type: none"> 1. Instructor will introduce the two scoring components: Technical and Relational, of Motivational Interviewing process. 	<ol style="list-style-type: none"> 1. Lecture 2. Group Discussion 	N/A	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 	
0810	<ol style="list-style-type: none"> 1. Instructor will provide an overview of Cultivating Change Talk. <ol style="list-style-type: none"> a. MITI & Probation Definition b. How it Applies c. Things to Try and Things to Avoid 	<ol style="list-style-type: none"> 1. Lecture 2. Group Discussion 	N/A	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 	
0830	<ol style="list-style-type: none"> 1. Cultivating Change Talk Activity # 1.1: Activity is used to boost participant's skills and understanding of cultivating change talk. 	<ol style="list-style-type: none"> 1. Demonstration 2. Group Exercise 3. Trainee Practice 	<ol style="list-style-type: none"> 1. Read client statement, each participant writes one question in response to client statement that best cultivates change talk. 2. Group selects best answer and reports out to class. 	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 	

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0845	1. Cultivating Change Talk Activity # 1.2: Activity is used to boost participant's understanding of the various components of cultivating change talk.	1. Demonstration 2. Group Exercise 3. Trainee Practice	1. Crossword Puzzle.	1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 6. 20 Activity 1.2 Handouts
0900	1. Instructor will provide an overview of Softening Sustain Talk. a. MITI & Probation Definition b. How it Applies c. Things to Try and Things to Avoid	1. Lecture 2. Group Discussion	N/A	1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers
0920	1. Softening Sustain Talk Activity # 2.1: Activity is used to boost participant's skills and understanding of softening sustain talk.	1. Demonstration 2. Group Exercise 3. Trainee Practice	1. Mix and Match 2. Participants are provided with a set of client statements that emphasize sustain talk. Participants will select the best response that softens sustain talk.	1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 6. Instructor will provide materials.
0945	1. Softening Sustain Talk Activity # 2.2: Activity is used to boost participant's skills and understanding of softening sustain talk.	1. Demonstration 2. Group Exercise 3. Trainee Practice	1. Apples to Apples 2. One participant in group reads the client statement, remaining participants write a statement in response to client. 3. Participant playing client role will select the best response that reflects SST, and share with the class.	1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 6. Index Cards

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1000	Break				
1015	<ol style="list-style-type: none"> 1. Instructor will provide an overview of Partnership. <ol style="list-style-type: none"> a. MITI & Probation Definition b. How it Applies c. Things to Try and Things to Avoid 	<ol style="list-style-type: none"> 1. Lecture 2. Group Discussion 	N/A	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 	
1035	<ol style="list-style-type: none"> 1. Partnership Activity # 3.1: Activity is used to boost participant's skills and understanding of the various components of partnership. 	<ol style="list-style-type: none"> 1. Demonstration 2. Group Exercise 3. Trainee Practice 	<ol style="list-style-type: none"> 1. Each group receives (1) index card with a topic. 2. Group has 5 mins to summarize what topic means to them, provide an example and report out to the rest of the group. 	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 6. Index Cards 	
1050	<ol style="list-style-type: none"> 1. Partnership Activity # 3.2: Activity is used to boost participant's understanding of the various components of partnership. 	<ol style="list-style-type: none"> 1. Demonstration 2. Group Exercise 3. Trainee Practice 	<ol style="list-style-type: none"> 1. Head's Up 2. Each participant receives index card with one of the (5) topics on the card. 3. One participant will place index card on their forehead, and the remaining participants will provide hints to get the participant to guess the word. Once guessed the next participant goes. 	<ol style="list-style-type: none"> 4. Laptop 5. Projector 6. Video screen 7. Flip chart 8. Markers 9. Instructor will provide game materials. 	

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1105	<ol style="list-style-type: none"> 1. Instructor will provide an overview of Empathy. <ol style="list-style-type: none"> a. MITI & Probation Definition b. How it Applies c. Things to Try and Things to Avoid 	<ol style="list-style-type: none"> 1. Lecture 2. Group Discussion 	N/A	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers
1120	<ol style="list-style-type: none"> 1. Instructors will play an audio clip for the participants that contain techniques to implement active listening (Simple Reflections and Complex Reflections). 	<ol style="list-style-type: none"> 1. Demonstration 2. Audio/Video Clip 	<ol style="list-style-type: none"> 1. Min: 2:49 – 5:28 	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. 20 Transcription Sheets
1125	<ol style="list-style-type: none"> 1. Empathy Activity # 4.1: Activity is used to boost participant’s skills and understanding of affirmations. 	<ol style="list-style-type: none"> 1. Demonstration 2. Group Exercise 3. Trainee Practice 	<ol style="list-style-type: none"> 1. Read each statement and write an Affirmation (A). 	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 6. 20 Activity 4.1 Handouts
1140	<ol style="list-style-type: none"> 1. Empathy Activity # 4.2: Activity is used to boost participant’s skills and understanding of simple reflections and complex reflections. 	<ol style="list-style-type: none"> 1. Demonstration 2. Group Exercise 3. Trainee Practice 	<ol style="list-style-type: none"> 1. Spoons 2. Participants are provided a client statement; they then must match a SR and CR with the client statement while playing the game. 	<ol style="list-style-type: none"> 1. Laptop 2. Projector 3. Video screen 4. Flip chart 5. Markers 6. Instructor will provide game materials.