



Certificate of Intensive Training in Motivational Interviewing

Our Certificate of Intensive Training in Motivational Interviewing is a semester-long course grounded in the principles detailed in William Miller & Stephen Rollnick's, *Motivational Interviewing, 3rd ed.* The course explores the skills critical for healthcare providers to support their patients endeavoring to achieve goals for health behavior change.

This online course provides a solid academic understanding of MI, and our faculty are recognized MI experts, all of whom are members of the Motivational Interviewing Network of Trainers (MINT). CIPC Director Daniel Mullin, PsyD, MPH has designed 10 pre-recorded **Video Lessons**, available 24/7, to build understanding of the tenets of MI practice.

We engage students beyond the academic understanding of active skills practice with live, online **Learning Labs** during which participants can practice with other students from around the country who are enrolled in the course.

Finally, at the beginning and end of each course, we give students the opportunity to gauge their skill-building progress via recorded interactions with Acting Patients. The recordings are professionally coded by an independent lab using the Motivational Interviewing Treatment Integrity (MITI 4) instrument. The coding is shared with a professional Motivational Interviewing coach who then reviews the results with each participant privately.

"It's been over 20 years since I first encountered MI during graduate school. This course has exceeded my expectations in teaching me the philosophy and practice of MI and generating in me a level of excitement to use them daily. It validated skills I already use in practice, and sharpened my interviewing abilities for the future. I already see improvement in my work and ability to strategize my responses in therapy quickly and accurately. Thank you so much." --from a recent participant

This course is designed for individuals in healthcare fields who wish to:

- Encourage patients to set and achieve goals for health maintenance and disease management
- Facilitate tobacco cessation
- Engage patients in active (non-pharmacological) management of chronic pain
- Address issues of problematic alcohol, opiate, and other drug use
- Improve patients' medication adherence
- Promote engagement in other evidence-based behavior change approaches, such as Cognitive-Behavioral Therapy

Topics Covered in the Motivational Interviewing Course:

- The urgency of addressing health behavior change in the delivery of patient care
- The relationship between the Stages of Change and MI
- Defining Motivational Interviewing
- The Spirit of MI and OARS
- Complex reflections and empathy
- Differentiating change talk from sustain talk
- Responding to sustain talk and discord
- The four processes of Motivational Interviewing
- Change planning
- History and theories of MI and the evidence for MI in facilitating behavior change

Elements of the Course:

- A taped interaction with one of our specially trained Acting Patients serves as a baseline for skill level
- Coding of the initial interaction by an expert lab using the MITI 4
- A one-on-one conversation with our MI coach about individual goals
- 10 hour-long Video Lessons with CIPC MI faculty, available on our web-based Learning Management System
- 5 two hour-long Learning Lab webinars using simple to use and secure technology, allowing participants to interact with the Course Director and with each other in active skills-based practice
- Final taped Acting Patient interaction, coding, and coaching sessions to gauge progress

If you're not ready to embark on the full 22 hours of the Certificate Course, CIPC also offers a brief video "Introduction to Motivational Interviewing". Participants may also register for "Building Knowledge" which consists of the 10 video lessons only.



The Complete Certificate Course \$1400

- The course is given in the Fall and Spring semesters
- 22 hours of CE/CME credits are offered in a variety of disciplines for the Certificate Course
- There are no prerequisites
- We offer discounts for groups of 10 or more, and for those individuals affiliated with UMass

"Introduction to Motivational Interviewing" \$70 (no CE/CME)

"Building Knowledge" (10 video lessons only) \$700