

A Motivational Interviewing Approach to Client Behavior Change

Instructors: Melanie Sage, PhD, MSW and Todd Sage, PhD, LMSW

Agenda

Monday	9-10 am	Review what we know, introductions, grounding exercise
	10-11 am	Righting reflex, self-regulation, and trauma-informed principles of care
	11-11:30 am	Recognizing how to respond at different stages of change
Tuesday	9-10 am	The role of trauma in change
	10-11:30 am	Self-regulation, co-regulation, and responding to discord
Wednesday	9-10 am	Deepen reflections with EARS for the DARNCATS
	10-11 am	Practice and refine OARS skills
	11-11:30 am	Consider advice-giving in trauma-informed contexts
Thursday	9-10 am	Managing discord
	10-11:30 am	Tools for transitioning and planning- focus on summaries
Friday	9-11:30 am	Role plays and practice- pulling together the TI-MI Skills