

A Motivational Interviewing Approach to Client Behavior Change

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Agenda

Monday	9-10am	Review what we know, introductions, grounding exercise
	10-11am	Recognizing the Spirit of MI
	11-11:30am	Reflective listening practice and debrief
Tuesday	9-10am	Stages of change and Theory of MI
	10-11:30	Learn and practice the MI funnel: engagement, focusing, evoking, planning
Wed	9-10am	Practice Open-ended questions and reflections
	10-11am	Practice Affirmations and Summaries
	11-11:30am	debrief
Thursday	9-10am	Managing discord
	10-11:30am	Intro and practice with the DARN CATS
Friday	9-11:30am	Role Plays and Practice, preparing practice video