

Motivational Interviewing Implementation Support Options

Refreshers

For teams that have come through any MI training, we provide refreshers to teams to continue their MI learning journey. We can design with you as far as scope, time, and cohort size. Here is our recommended approach for teams that have had MI within the last year:

1. We schedule an AM + PM session for two separate cohorts of 12 to 15 participants for each session.
2. We survey participants to design the training content. Here are our typical prompts:
 - The benefits I have experienced in using MI are ...
 - In regard to utilizing MI my biggest challenge is ...
 - I would like to explore the following MI concepts/skills in the upcoming booster ...
 - The way in which I would most like to explore the above is ...

This design ensures what is being covered is responsive to learner needs. The smaller cohort size supports more opportunities for direct practice and targeted discussion.

MI Coaching

Shawn uses the MITI for MI Coaching. The MITI is widely used for implementation support as well as clinical research studies. It is a very simple tool that allows the coach to identify how skillfully the learner is:

- Expressing Empathy
- Evoking Change Talk
- Partnering
- Avoiding Sustain Talk
- Using Active Listening Skills

There are a variety of options for individuals and teams to engage in MI Coaching. We recommend MI Coaching for MI Champs for internally led peer learning groups or for individuals wishing to go on to join the MINT, become an MI Trainer, or just want to increase or validate their skill. MI Coaching is absolutely the best way to increase skill in MI in a very short period of time.

Expert Led Peer Learning Groups

We can provide expert support for launching or continuing your MI Peer Learning Groups. We have several MINT members affiliated with Alma that would relish the opportunity to guide your team's ongoing learning of MI. From staffing cases to direct skill practice to targeted discussions, MI Peer Learning Groups are absolutely the best way to ensure your team is continuing the journey of implementing MI.