

BH 262 : MOTIVATIONAL INTERVIEWING: HELPING SKILLS II

Transcript title

Motivational Interviewing:HSII

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Prerequisites

BH 162.

Recommended preparation

WR 121Z.

Course Description

Provides central theoretical and empirical tenets of Motivational Interviewing (MI), as well as practice of skills to deliver the intervention to a wide range of clients in diverse settings. Students will learn and practice both the spirit and techniques of motivational interviewing.

Course learning outcomes

1. Define motivational interviewing and the basic structure of its use in behavior change.
2. Describe techniques used as part of motivational interviewing to assess ambivalence and foster change in the client.
3. Demonstrate motivational interviewing skills.

Content outline

1. Spirit of Motivational Interviewing
2. Active Listening
3. OARS-Open Ended Questions, Affirmations, Reflections, Summaries
4. Evoking Motivation
5. Deeper/Double Sided and Amplified Reflections

Required materials

Textbooks and computer access.

General education/Related instruction lists

- Human Relations