

Certificate of Intensive Training in Motivational Interviewing

online training with active practice for health care professionals

This course is designed for individuals in healthcare fields who want 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

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 patients trying to achieve goals for health behavior change.

Topics Covered in the Motivational Interviewing Course

- The urgency of addressing health behavior 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



"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 participant

The Certificate Program is an Online, Hybrid, Interactive Training

Here is how it works:

1. You schedule an Acting Patient Encounter and Coaching Session

- At the start of the course, a taped interaction with one of our specially trained Acting Patients serves as a baseline gauge of skill level
- The tape of that conversation is coded by an expert lab using the MITI 4.0 instrument
- The coded results form the basis of a one-on-one conversation with our MI coach about individual goals

2. You access content online

- Ten hour-long video Lessons with CIPC MI faculty, available on our web-based Learning System Management

3. You join in pre-scheduled webinars with your fellow participants

- Five 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 practice

4. You schedule a final Acting Patient Encounter and Coaching Session

- Final taped Acting Patient interaction, coding, and coaching sessions to gauge your progress

If you're not ready to embark on the full 22 hours of the Certificate Course, you may want to take a look at a brief free video on our website, "A Brief History of Motivational Interviewing". If you are ready for more than that you may also register for the 10 video lessons only "Building Knowledge in Motivational Interviewing."

Designed for: Anyone in healthcare supporting patients and clients who are trying to change health behavior. There are no prerequisites.

Cost: \$1550 for the full, certificate course. We offer discounts for groups of 10 or more, and for those individuals affiliated with UMass. "Building Knowledge in Motivational Interviewing" (10 video lessons only) \$700

CME/CE: 22 hours CE/CME credits are offered in a variety of disciplines for the Certificate Course; 10 credit hours for "Building Knowledge"

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When: The certificate course is given twice each year. Once from September-December and once from January June. "Building Knowledge" and "A Brief History of Motivational Interviewing" are available throughout the year.