



2-3 Day Motivational Interviewing Foundational Skills Training

Purpose and Content

The MI 2 or 3 day Foundational Skills Training (FST) is the foundational training that begins participants' practice and development of MI skills, strategies, processes and spirit. The FST provides a comprehensive overview of the MI 3.0 as presented in Miller & Rollnick's 2013 text. FSTs offered by Intrinsic Change follow a modified version of Miller & Moyer's *8 Learning Tasks* (2006) listed below:

1. MI Spirit (CAPE)
2. MI Skills (OARS & Gi)
3. Processes of MI (EFEP)
4. Recognizing Change Talk and Sustain Talk
5. Eliciting and Strengthening Change Talk
6. Softening Sustain Talk and Dancing with Discord
7. Developing a Change Plan & Consolidating Commitment
8. Transitioning and Blending

The FST offered by Intrinsic Change are engaging and participatory. These trainings take advantage of a variety of learning mediums including didactics, discussion, practice, role play/real play, games, group activities, reading, video and audio. Foundational trainings also place a heavy emphasis on mindfulness, teambuilding, practitioner self-reflection and self-care.

Participant Outcomes and Limitations

The FST equips participants with a comprehensive overview of MI and gives participants a good understanding of MI concepts. Participants also walk away from the FST with some experience using MI skills. ***Studies show that without follow up activities and trainings, the FST alone does not produce any measurable behavioral changes among staff.*** It is vital that the FST is part of a larger MI training program that includes follow up learning opportunities. The below graphic provides an example of a typical MI training program.

