

Justice Institute of British Columbia COURSE OUTLINE

Course Code: AD204

Course Title: Motivational Interviewing in Practice – Level 1

Prerequisite Courses: Understanding Substance Use (AD400)

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

Course Effective Date:

# of Credits:	1.0
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Course Description:

This course provides participants with an overview of the spirit, foundations and principles of Motivational Interviewing, with an emphasis on how MI can be used to assist clients in building motivation towards change and in strengthening commitment. Topics include: understanding and facilitating change in relation to the Transtheoretical Model; overview of strategies for working with clients at each level of readiness for change; use of empathic counselling skills; working with resistance, ambivalence and decisional balance; developing change plans. Note: participants will benefit from first having completed the Assessment Practices course (#AD403), as this course builds on material covered in that course, and having at least a basic level of counselling training.

Course Goal(s):

At the end of this two day, 14 hour course, participants will be able to describe ways to implement the spirit and foundations of Motivational Interviewing into practice, and methods to work with clients within their own change processes.

Course Learning Objectives:

Upon successful completion of this course, the learner will be able to:

1. Begin identifying one's own values and assumptions related to the change process, and how they influence counselling behavior.
2. Explore several models of understanding the "change process," appropriate strategies for different stages of readiness to change and the importance of involving the client's theory of change.
3. Identify the components of the spirit, foundations and principles of Motivational Interviewing.
4. Develop basic familiarity with adaptations of Motivational Interviewing, such as Brief Advice and Behavior Change Counselling.
5. Identify the major phases of Motivational Interviewing and related counsellor tasks.
6. Identify the five early strategies used in initial interviews and explain the importance of each strategy in the process of relationship development (alliance).
7. Identify techniques that elicit change talk and describe their importance in developing discrepancy.

8. Describe working definitions of resistance and ambivalence, and identify basic strategies for working with each.
9. Identify common indicators of client's becoming ready to change, and techniques to assist clients in the transition from Phase I to Phase II.
10. Describe the process of generating goals/strategies and eliciting commitment to a Change Plan.

Course Topics/Content:

- Understanding Change
- Basics of Motivational Interviewing
- Overview of Major Phases
- Early Strategies
- Dealing with Resistance
- Working with Ambivalence
- Transition to Phase II
- Developing Change Plans
- Supporting Action and Maintenance
- Dealing with Lapses

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			

Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Pass
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation:

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

Successful. Completion of written assignment for Substance Use Certificate.

Other Course Guidelines, Procedures and Comments:

This course is required for the Substance Use Certificate.

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records