

# Fundamentals of Motivational Interviewing

It is estimated that roughly 80% of clients who enter treatment are ambivalent about changing their behavior. Motivational interviewing (MI) is an intentional, client centered approach for facilitating increases in motivation for behavior change by assisting clients in exploring and resolving ambivalence. MI, as a counseling style, has been shown to be effective with a wide variety of problem behaviors such as substance abuse, adopting healthy behaviors (eating, exercise), treatment adherence and compliance, and other psychological problems. Thus, mental health workers from various backgrounds practicing in a variety of settings are beginning to integrate MI into their clinical repertoire.

This introduction to MI will acquaint the audience with basic concepts and methods of MI. As such participants will be exposed to the foundational concepts including the "spirit," principles and processes of MI that can be integrated with one's approach to counseling and psychotherapy. Building on this foundation the foundational philosophy and active principles will be discussed with emphasis on MI's unique focus on increasing change talk and reducing talk maintaining the status quo. The webinar will conclude with a brief overview of the evidence base for MI.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Describe the Motivational Interviewing perspective about ambivalence and readiness to change problem behaviors.
2. Describe the foundational spirit, basic principles and processes of Motivational Interviewing.
3. Identify MI consistent and inconsistent communication methods aimed at enhancing client motivation to change.
4. Identify different types of change talk and sustain and MI consistent responses.
5. Explain the current research supporting the efficacy of Motivational Interviewing with various behavioral problems.

## Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

- Begin at 10 AM Eastern
- Definition of MI
- MI Philosophy
- Compassion
- Acceptance
- Collaboration
- Evocation
- 11:15 Break
- 11:30 MI Processes
  - Engaging
  - Focusing
  - Evoking
  - Planning
- 12:15 Change and Sustain Talk and Evidence Base
- End 1:15 PM ET

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### Continuing Education Credit

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## The Presenter

Michael Madson earned his PhD in counseling psychology from Marquette University in 2005. He is a Professor in the School of Psychology at the University of Southern Mississippi and a Licensed Psychologist in Mississippi. Dr. Madson directed a brief motivational intervention focused on harm reduction related to use of alcohol and cannabis among college students at USM and teaches graduate classes in counseling and psychotherapy and substance use treatment. Dr. Madson co-authored the book *Fundamentals of Motivational Interviewing: Tips and Strategies to Address Common Clinical Challenges* that was based on MI research, clinical and training experiences. He served as the Director of Faculty Development and Training Fidelity for the project *Screening and Brief Intervention and Referral to Treatment Training for Medical Students and Residents in Mississippi* funded by the Substance Abuse and Mental Health Services Administration. He was also the Motivational Interviewing Director for *Hub City Steps*, an MI enhanced lifestyle intervention aimed at reducing hypertension among African American individuals funded by the National Institute for Minority Health and Health Disparities. Since completing his Motivational Interviewing Network of Trainers training in 2006, Dr. Madson has provided basic, intermediate, and advanced MI training at the local, state, regional, and national level. He has provided clinical services at the Milwaukee VA, the Medical College of Wisconsin in the Department of Plastic & Reconstructive Surgery and the Transplant Department, and at Rogers Memorial Hospital in the OCD unit.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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