

Levels/Types of Training in Motivational Interviewing

The following are guidelines from the MI Network of Trainers regarding what can reasonably be accomplished with various lengths of time in a workshop. It is important to remember that a workshop alone is seldom sufficient to help people in learning MI, and training plans should provide for continuing coaching, feedback, and supervision.

	Type	Goals	Length
1	Introduction to MI	<p>To experience the basics of MI and decide level of interest in learning more</p> <p>To be familiar with the fundamental spirit and principles of MI To be acquainted with relevant evidence of efficacy To directly experience the MI approach and contrast it with others</p>	2 hours to 1 day
2	Application of MI	<p>To learn one or more specific applications of MI</p> <p>To be acquainted with the fundamental spirit of MI To learn practical guidelines for a specific application “in the spirit of MI” To have direct practice in and experience of this particular application To decide level of interest in learning more</p>	1 hour to 1 day
3	Clinical Training	<p>To learn the basic clinical style of MI, and how to continue learning it in practice</p> <p>To understand the fundamental spirit and principles of MI To strengthen empathic counseling skills (OARS) To understand and practice the directive aspects of MI To experience and practice an MI style for meeting resistance To learn the fundamental client language cues (change talk and resistance), that allow continued feedback and learning in practice</p>	2-3 days Might be offered in several 4-8 hour parts
4	Advanced Clinical Training	<p>To move from basic competence to more advanced clinical skillfulness in MI</p> <p>To have intensive observed practice in advanced MI skills To receive individual feedback regarding MI practice To update knowledge of MI (recent research and developments)</p>	2-3 days
5	Supervisor Training	<p>To be prepared to guide an ongoing group in learning MI</p> <p>To understand the sequence of skills for acquiring MI proficiency To learn observational/analytic methods for evaluating MI To learn methods for facilitating practice improvement over time To be prepared to certify MI practitioners and maintain quality control</p>	2-3 days
6	Training for Trainers	<p>To learn a flexible range of skills and methods for helping others learn MI</p> <p>To learn and practice an array of MI training methods To enhance confidence in training and demonstrating MI To assess the specific needs and context of trainees, and to design and adapt training approaches accordingly To update knowledge of MI and training (recent research/developments) To participate in the international MI Network of Trainers</p>	3-4 days