**Reflective Training**

**Motivational Interviewing**

**Curriculum #1**

One course of RT consists of 13.5 hours, made up of nine 1.5-hour cycles. Each of your cycles includes three 30-minute activities: Practice (roleplay or exercise), Feedback and Integration. So, your completed course consists of nine practice activities, nine feedback forms, and nine integration sessions. When and how you do these activities is up to you, except for these requirements:

1. Practice and Integration activities are completed with at least one other co-learner and/or facilitator (i.e., Stephanie or Dave), and are logged on the website.
2. At least four (4) of your practice activities are 7-minute roleplays with you as the provider, which are uploaded to the website.
3. Practice exercises are drawn from the document, *RT Practice Exercises* (in the *Information* section of the website).
4. In Cycle 1, you complete a “baseline” roleplay with a facilitator, and in Cycle 9 you complete a final roleplay with a facilitator.
5. Your first and last Feedback Forms are completed based on MI Standard Video #1 and MI Standard Video #2.

These requirements are noted **in bold** in the table below.

The table below is a suggestedcurriculum. Again, other than the requirements above, you can complete your nine cycles however you want.

**In the table below**,

The **Topic** column suggests a focus for each cycle to guide your training through a logical progression of MI content areas.

The **Practice** column suggests exercises and roleplays that correspond with each topic area. Unless you are very comfortable doing MI roleplays, we suggest that you focus your early Practice cycles on exercises rather than roleplays. Exercises are smaller, easier bites that can be used to build up to full, integrated roleplays.

Your first practice session is a roleplay with a facilitator so that they can walk you through the logistics and answer any questions. We will also use this as a sort of baseline measure of where you are at with MI practice. The goal is not evaluative, but we do want to be able to feedback information to you about any change over time in your objective use of MI skills.

The **Feedback** column notes that you are to complete your first Feedback Form on the video titled, “MI Standard Video #1” and your last Feedback Form on the video, “MI Standard Video #2”. These can be found in the videos list of the website. Be sure to use an Integration session to get coaching on how to complete your Feedback Form on “MI Standard Video #1.” As with roleplays, we use your first and last Feedback Forms to provide you with objective information on any change in your ability to recognize MI concepts.

The **Integration** column suggests a range of activities to help you integrate Practice and Feedback activities with the conceptual foundations of MI. This includes review of concepts, discussion of feedback you have received on your roleplays, and coaching and supervision sessions on *how* to implement concepts behaviorally in practice. You have broad leeway in how to use Integration sessions. Just be sure that you do it WITH another person.

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| **Cycle** | **Topic** | **Practice\*** | **Feedback** | **Integration** |
| **1** | MI Spirit | **Roleplay with Facilitator** | **MI Standard Video #1\*** | **Review the “Feedback Form Guide” document in the *Information* section of the website.** |
| **2** | OARS/Reflective Listening | MI Spirit Exercises | Choose from website list | **Feedback Form coaching with a facilitator.** Complete this BEFORE you complete your Feedback Form on MI Standard Video #1. |
| **3** | OARS/Reflective Listening | OARS Exercises | Choose from website List | * Group review of MI Spirit concepts/OARS concepts (with or without facilitator) |
| **4** | Resistance | From Resistance to Ambivalence Exercises | Choose from website List | * Review Feedback Form from your first roleplay with facilitator or co-learner |
| **5** | Focusing | Roleplay | Choose from website List | * View roleplay and track Client Change Orientation (CCO) and Therapist Orientation (TO) in chat box |
| **6** | Ambivalence | Ambivalence exercises | Choose from website List | * Discuss ambivalence-based formulation of current cases |
| **7** | Evoking Change | Roleplay | Choose from website List | * Pairing Evoking Change Talk strategies with client situations |
| **8** | Integrated MI | * CCO Tracking * Evoking Change Talk exercises | Choose from website List | * Staffing client difficulties through MI lens |
| **9** | Integrated MI | **Roleplay with Facilitator** | **MI Standard Video #2** | * Review Feedback Forms completed on your roleplays |

\* Practice exercises are found in the document, “RT MI Practice Exercises,” saved in the Information section of the website.

\*\* Be sure to complete a Feedback Form coaching session before completing your first Feedback Form.