A. Course Description

Credits: 2

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: None

This course focuses on motivational interviewing (MI) skills. Students consider the theory, research base and practice of MI. Building on this knowledge, students are guided through practice exercises and skill-building sessions. These include recording and coding of mock counseling sessions, which are designed to build student proficiency in utilization of this key component of alcohol and drug counseling.

B. Course Effective Dates: 12/13/2015 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Understands the key foundational components of Motivational Interviewing (i.e. spirit, four processes, core counseling skills, change talk and addressing discord).
2. Explore the scientific research with underpinnings the theory and practice of Motivational Interviewing, as an evidence-based practice.
3. Demonstrate a collaborative, person-centered, goal-oriented counseling style of communication to address a person's ambivalence about change by attending to their language of change and strengthening their own motivation and commitment to change.
4. Demonstrate continued counseling skills development by critically analyzing personal counseling style according to the MITI and applying culturally appropriate applications, professional ethics, anti-oppressive practices, and individualization to specific client characteristics.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None