

MOTIVATIONAL INTERVIEWING TRAINING COURSE



U•TURN

WHAT IS MOTIVATIONAL INTERVIEWING?

Motivational Interviewing (MI) is a conversational tool used to help guide individuals toward a behavior change goal. The technique is widely used in health care settings, schools, and workplaces to enhance motivation for behavior change at both individual or group levels.

HOW DOES THE MI TRAINING COURSE WORK?

The MI Training Course was developed to provide the foundational knowledge and skills needed to apply MI in practice. It was based on a Practicum Course at Iowa State University (ISU) but is now available online through the ISU Workday Learning Platform. The course includes 6, 1-hour modules:

1. Spirit of Motivational Interviewing Spirit
2. Focusing, Engaging & Listening
3. Building Motivation through Conversation
4. Change vs Sustain Talk & Ambivalence
5. Managing Resistance & Using Sustain Talk
6. Planning with the Conversation Flow Model

The course is managed by trained MI Leaders from the ISU Translational Research Network (U-TuRN) with expertise in using MI in behavioral research.

KEY FEATURES OF MI COURSE

- Self Paced / Fully Online
- Options for Continuing Medical Education (CME) credits from Des Moines University
- Additional support through the Iowa Community HUB
- Options for supplemental *'live intensive'* training for individuals or groups (additional fee)

Cost of Program:
\$250 per person

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Contact us for Questions:



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