

Master Syllabus

MHT 1202 - Motivational Interviewing

Division: Health Sciences

Department: Human Services and Behavioral Health

Credit Hour Total: 3.0

Lecture Hrs: 3.0

Date Revised: May 2017

Course Description:

Learning and applying the model of Motivational Interviewing including engaging, focusing, evoking, and planning. Concepts of OARS, stages of change, communication skills, client ambivalence, developing discrepancies, change talk, client goals, and developing a change plan.

General Education Outcomes:

- ▣ Critical Thinking/Problem Solving Competency
- ▣ Oral Communication Competency

Course Outcomes:

Theory

Explain the theoretical basis for Motivational Interviewing and apply the Four-process Model to case scenarios.

Assessment Method: Locally developed exams

Performance Criteria:

70% score or higher on given rubric

Methods

Explain and design effective intervention strategies that demonstrate the spirit and methods of Motivational Interviewing in case scenarios.

Assessment Method: Locally developed exams

Performance Criteria:

70% score or higher on given rubric

Application

Demonstrate the use of various Motivational Interviewing methods in simulations.

Assessment Method: Behavioral observations

Performance Criteria:

70% score or higher on given rubric

Assessment Method: Simulations

Performance Criteria:

70% score or higher on given rubric

Outline:

Overview of Motivational Interviewing, four-process model, methods of Motivational Interviewing (OARS), communication skills, stages of change, internal motivation, facilitating and supporting client goals and plans for change.