

## 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

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### 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.