



**Beginning Motivational Interviewing** (MI) is a 2-day training that provides correctional professionals a framework for the application of MI to address the responsivity variable of motivation. The training is designed to provide a framework of Motivational Interviewing and define the key characteristics of MI and how to lower resistance and increase motivation for engagement in programming. The emphasis is on foundational skill development in engagement and creating a collaborative relationship. Participants learn the traps that interfere with a productive partnership and lower offender investment.

**Advanced Motivational Interviewing** This session is also a 2-day in person training and provides a review of the spirit and application of Motivational Interviewing, and explores the strategic nature of motivational interviewing as a tool to increase motivation towards change. Please note that participation in this session requires that individuals have successfully completed the 2-day Beginning MI training.

### **END USER**

The Beginning MI end user session is two days of training for a maximum of 24 trainees, and is outlined below:

- Day 1: Basic MI Techniques, Working with Difficult Clients, Considering the Change Process
- Day 2: Moving towards a Positive Change, Participating in the Change, Reinforcing the Change

The Advanced MI end user session is also two days of training for a maximum of 24 trainees, and is outlined below:

- Day 1: Review of knowledge and spirit of MI, discuss engagement
- Day 2: Focusing and evoking, Planning and integration

Our goal is to provide a high-fidelity program. UCCI curricula and interventions are free to use! Our mission is to research, develop, disseminate and implement evidence-based practices in corrections. As such, we've worked with the university to offer this program at no "per-participant" fee. While copyrighted property of the University of Cincinnati, training materials received in our training events include permission to photocopy resources needed to facilitate interventions. Once trained facilitators have demonstrated proficiency in using an MI approach, they may be eligible to participate in a training-of-trainers' program to build agency sustainability of the program.

### **CONTACT**

For more information about MI, please contact UCCI Program Director Jennifer Scott at [Jennifer.Scott@uc.edu](mailto:Jennifer.Scott@uc.edu) or visit our website at [www.uc.edu/corrections](http://www.uc.edu/corrections).