



Care coordination/ Integration

## Motivational Interviewing Foundations Online Course

### SUMMARY

This online course for between 6 and 12 participants focuses on building an understanding of the spirit of Motivational Interviewing and developing core skills, including OARS (open-ended questions, affirmations, reflections, and summaries), responding to how people talk about change, helping people make Brief Action Plans, and understanding 'resistance.'

Although a minimum of 6 individuals are needed and must start the course at the same time, most learning content and activities are self-paced and can be completed individually online with some scheduled virtual interactions with the course trainer and other learners. For 12 weeks after the course, learners receive a series of weekly emails with resources and examples, prompting them to practice a specific skill in their interactions that week and then check in with a study partner or team.

Sponsors receive updates on participant progress.

### PROCESS

This is an interactive skills-based workshop designed for participants considering practical applications for their work. Instructors use learner-centered, performance-based approaches to adult education. This course is a collaboration with the Centre for Collaboration, Motivation and Innovation.

### CUSTOMIZATION OPTIONS

None.

Contact us at : [MA-TA@ spreadinnovation.com](mailto:MA-TA@spreadinnovation.com)



### PRICE:

**\$12,000**

**This course can accommodate 12 learners per group.**

### TIME FRAME:

**Ongoing Availability**

### PROJECT LENGTH:

**The course can be completed in 14-18 hours, with an 8-week timeline for completion of required activities**

### THIS PROJECT IS FOR:

**Care Coordinators and Clinicians.**

### DOMAINS:

**Care Coordination  
Performance Improvement**