

THE UNIVERSITY OF TEXAS AT AUSTIN
SCHOOL OF SOCIAL WORK
MOTIVATIONAL INTERVIEWING

Course Number: SW393R
Unique Number: 61835
Semester: Fall, 2010
Meeting Time: Tue, 2:30-5:30
Room: 2.116

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I. COURSE DESCRIPTION

Motivational Interviewing (MI) is a state-of-the-art, evidence-based clinical counseling method designed for evoking intrinsic motivation for positive behavior change. Originally developed in the drug and alcohol field, MI is now being widely applied in a variety of settings, including social services, health care, mental health, public health, and criminal justice. This course will introduce participants to the theory, principles, and skills of MI. The class will focus primarily on the use of MI by social workers. The use of MI in group settings will also be emphasized. Students will be guided through a sequence of learning activities to develop and refine counseling skills and to begin a process for developing proficiency in MI.

II. COURSE OBJECTIVES

Upon completion of the course the student will be able to:

- Understand and demonstrate the basic concepts of Motivational Interviewing, its spirit and essential strategies.
- Understand the Transtheoretical Models' stages and processes of change and how they relate to Motivational Interviewing.
- Learn, practice, and integrate basic MI counseling skills, including:
 1. Non-verbal listening skills
 2. Constructing and asking open-ended questions
 3. Reflective listening
 4. Eliciting and responding to change talk
 5. Values clarification
 6. Moving toward change

7. Constructing a Behavioral Action Plan

- Understand the nuances of using MI in social service settings
- Demonstrate knowledge of the theoretical bases of MI.
- Critically evaluate literature on MI outcome studies
- Understand the ethics involved in applying MI in low-income populations and in other settings.
- Use brief motivational interventions with clients in a variety of settings
- Develop a personal plan for practicing and incorporating the primary skills and strategies of MI into practice

III. METHODS OF INSTRUCTION

The primary means of instruction are informal lectures (students are encouraged to ask questions and make comments during lectures) and class discussions. This is a highly experiential class, so role-plays, “real-plays” and demonstrations will be used frequently. Guest speakers will be invited to augment class sessions. Some sessions will be conducted using distance-learning methods. We will use Blackboard (Bb) as a course tool. Therefore, it is expected that students stay apprised of postings on Blackboard for supplemental readings or announcements.

IV. READINGS FOR THE COURSE

REQUIRED BOOKS:

Miller, W. R., & Rollnick, S. (2002). *Motivational Interviewing: Preparing People for Change*. 2nd Ed. New York: Guilford Press.

Velasquez, M.M., Gaddy-Maurer, G., Crouch, C., DiClemente, C.C. (2001). *Group Treatment for Substance Abuse: A Stages of Change Therapy Manual*. New York: NY. The Guilford Press.

REQUIRED JOURNAL ARTICLES will be posted on Blackboard in the folder labeled “Course Documents”.

V. GRADING POLICIES

Your grade in this course will be based on one exam, two MI session short papers, one audio taped and critiqued MI session, and a final presentation and paper. **Assignments must be turned in on time.** The mid-term exam will contain true or false and multiple choice questions, along with some case vignettes to assess competency in MI. The exam will be administered at the beginning of class.

School of Social Work grading policy is as follows:

The grading scale for all quizzes and papers and the final grade is:

100-94 = A	86-84= B	76-74= C	66-64= D
93-90= A-	83-80= B-	73-70= C-	63-60= D-
89-87= B+	79-77= C+	69-67= D+	59 and below = F

Weighting: Assignments, exams and presentation will be weighted as follows:

Midterm:	20% of final grade
MI Evaluation Paper 1	15% of final grade
MI Evaluation Paper 2	15% of final grade
Audio taped Session and Critique	25% of final grade
Research Paper and Presentation	25% of final grade

VI. COURSE POLICIES

1. **Attendance:** Attendance is expected at all in-class sessions for the entire class period. You must take all exams and turn in all assignments. Because this class is very interactive and experiential, you must attend every class to acquire the necessary MI skills. Be aware that more than one unexcused absence could result in a lower overall grade.
2. **Student responsibilities:** Students are expected to be prepared for each session and to participate in class discussions, exercises, etc. Failure to submit a paper or being unprepared to discuss your paper or reading for the week will result in a grade of zero being recorded for that week's work.
3. **Timely submission of assignments:** Each assignment is due at the start of class. **Late assignments will not be accepted unless you have a legitimate and documented emergency. If this is the case, please discuss the situation with Dr. Velasquez or Farya. These will be evaluated on a case-by-case basis. There is no guarantee that we will extend a due date.**

University Notices and Policies

1. The University of Texas Honor Code

The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

2. Professional Conduct in Class

The professor expects students to act like professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. We will not, nor should we, always agree with one another. In this environment we should be exposed to diverse ideas and opinions, and sometime we will not agree with the ideas expressed by others.

However, the professor does require that students engage one another with respect and professionalism. **Please do not use laptops, cell phones, text messaging or send or read emails during class.**

3. **Scholastic dishonesty:** While scholastic dishonesty is not anticipated, students should be familiar with The University of Texas at Austin's policy on this subject found in *General Information 2004-2005*. If you do not know an appropriate referencing style, now is the time to learn. Be especially careful about giving due credit to other authors in writing your papers. Be sure to indent direct quotes of 5 lines or more; use quotation marks for shorter, direct quotes; and also give due credit for indirect quotes. Failure to do so will result in a grade of **zero** for the assignment. **Scholastic dishonesty in this class may result in a grade of F for the course and reporting to the Master's Program Director, Dean of the School of Social Work or the school/college in which you are enrolled, and Dean of Students or Dean of Graduate Studies.** Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, refer to the web site of the Student Judicial Services, Office of the Dean of Students (<http://www.utexas.edu/depts/dos/sjs>).

4. **Students with disabilities:** Any student with a documented disability (physical or cognitive) who requires academic accommodations should contact the Services for Students with Disabilities area of the Office of the Dean of Students at 471-6259 (voice) or 471-4641 (TTY for users who are deaf or hard of hearing) as soon as possible to request an official letter outlining authorized accommodations.

5. Religious Holidays

By UT Austin policy, students must notify the professor of a pending absence at least fourteen days prior to the date of observance of a religious holy day. If the student must miss a class, an examination, a work assignment, or a project in order to observe a religious holy day, the professor will give the student an opportunity to complete the missed work within a reasonable time after the absence.

6. Use of E-Mail for Official Correspondence to Students

Email is recognized as an official mode of university correspondence; therefore, students are responsible for reading their email for university and course-related information and announcements. Students are responsible to keep the university informed about changes to their e-mail address. Students should check their e-mail regularly and frequently—daily, but at minimum twice a week—to stay current with university-related communications, some of which may be time-sensitive. Students can find UT Austin's policies and instructions for updating their e-mail address at <http://www.utexas.edu/its/policies/emailnotify.php>.

7. **Safety:** As part of professional social work education, students may have assignments that involve working in agency settings and/or the community or attending meetings or events at off-campus locations. As such, these assignments may

present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practice related to agency and/or community safety. Students should also notify instructors regarding any safety concerns.

8. Behavior Concerns Advice Line (BCAL)

If students are worried about someone who is acting differently, they may use the Behavior Concerns Advice Line to discuss by phone their concerns about another individual's behavior. This service is provided through a partnership among the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <http://www.utexas.edu/safety/bcal>.

9. Emergency Evacuation Policy

Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:

Familiarize yourself with all exit doors of the classroom and the building. Remember that the nearest exit door may not be the one you used when you entered the building.

- If you require assistance to evacuate, inform the professor in writing during the first week of class.
- In the event of an evacuation, follow the professor's instructions.
- Do not re-enter a building unless you're given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

10. Use of Blackboard web site: Web-based, password-protected class sites using Blackboard software are available for all accredited courses taught at The University of Texas. Syllabi, handouts, assignments and other resources are types of information that may be available within these sites. Site activities could include exchanging e-mail, engaging in class discussions and chats, and exchanging files. In addition, class e-mail rosters will be a component of the sites. Students who do not want their names included in these electronic class rosters must restrict their directory information in the Office of the Registrar, Main Building, Room 1. For information on restricting directory information see: <http://www.utexas.edu/student/registrar/catalogs/gi00-01/app/appc09.html>.

VII. EVALUATION OF INSTRUCTOR

Students will have two opportunities to evaluate the instructor. At mid-term, I will use my own form for obtaining your views on the course to date, and at the end of the term, I will use the official Course Instructor Survey (CIS) of the University of Texas at Austin, School of Social Work. Completion of these evaluations is, of course, voluntary, but they are helpful to the instructor. Farya and I are also available during office hours and at other mutually agreeable times to discuss the course with you.

VIII. COURSE AGENDA

This schedule is intended as a guide. Students should complete the readings as they are outlined, in order to space them evenly throughout the semester. This is especially important since the exams will cover the required readings for that period of time. *The student is responsible for all readings whether the material is covered as lecture material or not.*

August 31

Introduction to Course

- Overview of Motivational Interviewing and the Transtheoretical Model
- Review of class syllabus, assignments, and expectations

Assignments

1. E-mail the following information to the instructor and the TA. Mention your course number (SW 393R) in the subject line along with your name.

Example: "SW393R: Statement of Goals - Jayne Smith".

- Name, email
- Any professional experience with motivational interviewing or other counseling approaches.
- Professional goals (e.g., what would you like to do with your degree?)
- What you hope to learn/accomplish by taking this course, or what interests you about Motivational Interviewing.

2. Learn how to use the Blackboard web site if you are not familiar with it. You can access Blackboard at <https://courses.utexas.edu>. If you are unable to log into the course on Blackboard, check to be sure that you are registered for the course first, then call the ITS Help Desk at 475-9400.

September 7

The Transtheoretical Model as a Guiding Framework and Introduction to Motivational Interviewing

- The Transtheoretical Model as a framework for understanding behavior change
- Characteristics and Assumptions of Motivational Interviewing
- Motivational Interviewing Principles
- Introduction to OARS

Readings:

Velasquez, et al., Chapter 1: "How People Change: The Transtheoretical Model"

Velasquez, et al., Chapter 2: "Strategies for Facilitating Change"

Miller & Rollnick, Chapter 1: “Why do people change?”

Miller & Rollnick, Chapter 15: “Motivational Interviewing and the Stages of Change”

September 14

Motivational Interviewing Strategies (OARS)

- Open vs. closed-ended questions
- Affirming
- Reflective Listening
- Roadblocks to Reflective Listening
- Levels of Reflection
- Summaries

Assignment

View website: <http://www.motivationalinterview.org>. Pay particular attention to the bibliography and begin to identify a practice area in which motivational interviewing has been applied that is interesting to you.

Readings:

Van Wormer, K. (2007) Principles of motivational interviewing geared to stages of change: A pedagogical challenge. *Journal of Teaching in Social Work*, 27(1/2), 21-35.

Miller & Rollnick, Chapter 2: “Ambivalence: The Dilemma of Change”

Miller & Rollnick, Chapter 3: “Facilitating Change”

Miller & Rollnick, Chapter 4: “What is Motivational Interviewing?”

September 21

Motivational Interviewing Strategies (continued)

- Change Talk
- Responding to Resistance
- Role plays for Assignment 1

Readings:

Miller & Rollnick, Chapter 5: “Change and Resistance: Opposite Sides of a Coin”

Miller & Rollnick, Chapter 6: “Phase 1: Building Motivation for Change”

Miller & Rollnick, Chapter 7: “Responding to Change Talk”

Miller & Rollnick, Chapter 8: “Responding to Resistance”

September 28

Motivational Interviewing in the Medical Setting

Assignment #1 due. MI review (see Appendix).

Readings:

Miller, W. R., & Moyers, T. B. (2006). Eight Stages in Learning Motivational Interviewing. *Journal of Teaching in the Addictions, 5(1)*, 3-18

Miller & Rollnick, Chapter 9: “Enhancing Confidence”

Miller & Rollnick, Chapter 12: “Ethical Considerations”

Guest Lecturer: Craig Field, PhD., MPH, Associate Professor, UT-Austin School of Social Work; Program Director, Screening and Intervention. Trauma Services, University Medical Center Brackenridge

October 5

Motivational Interviewing in Groups and Intervention Development

Readings:

Velasquez, M. M., Stephens, N. & Ingersoll, K. (2006). Motivational Interviewing in groups. *Journal of Groups in Addiction and Recovery, 1(1)*, 27-50.

Miller & Rollnick, Chapter 10: “Phase 2: Strengthening Commitment to Change”

Velasquez, Gaddy-Maurer, Crouch & DiClemente, Chapter 3: “Setting Up and Carrying Out the Intervention”

October 12

1st half of the class: Midterm exam (covers material presented and readings prior to this class).

2nd half of the class we will have the usual lecture format:

Motivational Interviewing with Special Populations

- Adolescents
- Pregnant and Preconceptional Women
- Substance Abusers
- Dually Diagnosed Clients

Readings:

Miller & Rollnick, Chapter 21: “Motivational Interviewing with Adolescents and Young Adults”

Miller & Rollnick, Chapter 22: “Motivational Interviewing with Criminal Justice Populations”

October 19

MI Supervision and Counselor Rating Systems

- The Motivational Interviewing Treatment Integrity Scoring System
- The Motivational Interviewing Skill Code
- Other scoring systems

Readings:

To Be Announced

October 26

Assignment #2 due. MI review (see Appendix).

Research on Motivational Interviewing: Examining the Evidence

- Efficacy of Motivational Interviewing
- Health Behavior Research and Training Institute
- Translational Research (bridging the gap)

Readings:

Miller & Rollnick, Chapter 16: “The Efficacy of Motivational Interviewing and its Adaptations”

To be announced

November 2

MI Skill Building and Practice

Standardized Client practice

November 9

Working with Hard to Reach Populations

Readings:

- D'Amico, E.J., Miles, J.N.V, Stern, S.A., Meredith, L.S. (2008). Brief motivational interviewing for teens at risk of substance use consequences: A randomized pilot study in a primary care clinic. *Journal of Substance Abuse Treatment* 35 (2008) 53–61
- Martino, S., Carroll, K., Kostas, D., Perkins, J., Rounsaville, B. (2002). Dual diagnosis and motivational interviewing: a modification of motivational interviewing for substance-abusing patients with psychotic disorders. *Journal of Substance Abuse Treatment*, 23, 297-308.

Assignment #3 due

November 16

Creating change plans

Brief Presentations

November 23

MI Skill Building and Practice

Brief Presentations

November 30 (Last day of class)

Final Paper Due

We look forward to a productive term!

ASSIGNMENTS 1 AND 2:

Motivational Interviewing Session Reviews:

Each student will role-play with the same client for Motivational Interviewing (MI) experiential exercises and provide a self-critique.

Self-Critiques: For each MI session you will write a 3-4 page paper critiquing your performance in the session. *See Appendix for more information about the papers.* Three elements are important to this assignment: (a) Attach client and observer feedback forms

(I will give you this handout); (b) Examine and discuss your current counseling skills. For example, you should identify strengths and areas for improvement. In addition to this, you should reflect upon and integrate the feedback given by the observer and client participants during their examination of your MI counseling skills. You should also provide examples to support your observations; (c) Identify two MI counseling skill areas that you would like to improve and articulate your plans to facilitate this change. Grading will focus on the critique of your own skills, not the level of your skill development.

Make sure you demonstrate your understanding of MI in this critique.

Observer Feedback. As an observer of a counseling dyad, you will need to complete a "feedback form" regarding the two counseling sessions identified above. These feedback forms should be given to the student-counselor that is being observed. The student-counselor must submit these feedback forms along with her/his self-critique. The feedback forms will be graded for thoroughness and accuracy. Be specific in your feedback so that you can help your colleague as much as possible. Remember that the feedback is concerned with counseling behaviors. This will be graded under class participation.

Client Feedback. As the client in a counseling dyad you will need to complete a "Client Feedback Form" regarding two counseling sessions identified above. These feedback forms should be given to the student-counselor who is being observed. The student-counselor must submit these feedback forms along with her/his self-critique. Feedback regarding the "client's" perception of the counseling behaviors should be given. The feedback forms will be graded on thoroughness and accuracy.

GENERAL GUIDELINES FOR ASSIGNMENTS 1 & 2

- All reviews should be typed; double spaced, and follow APA 6th Edition Publication Guidelines.
- Proofread to ensure readability, correct grammar and to reduce mistakes.
- Length 3-4 pages for each review.
- **Make sure to demonstrate your understanding of MI in each paper!!! Again, specificity is important.**

Assignment 1: First Session Review

Your review should focus on MI opening strategies (OARS) that include: use of questions, reflective listening, summarizing, and affirming. You should also discuss whether you fell into any traps to avoid or if/how you avoided those traps. Be sure to integrate feedback from the observer and client. **Include their forms with your paper and your own form from reviewing your session.**

You must integrate information from class and readings on MI to support your discussion in order to demonstrate that you have examined and understand the material. Identify two skills (opening strategies) you would like to improve upon and how you would facilitate change in these skills. This can also include avoiding traps.

You could consider following a format like:

- Introduction
- Use of questions
- Reflective listening
- Summarizing
- Affirming
- Traps

Assignment # 2: Second Session Review

This review should focus on the skills above, but also on **eliciting change talk** and **responding/dealing with resistance**. These are more advanced MI skills and you are not expected to be experts in them. You should also briefly revisit the opening strategies to note any improvements or continued struggles. Specifically, you should review the two skills you identified in the first paper.

Assignment #3: Audio recorded session

GUIDELINES FOR ASSIGNMENT 3

The intent of this exercise is to give you an opportunity to practice and receive feedback on conducting a Motivational Interviewing session. You may either record a session with an actual client or conduct a role-play with someone outside of class. *If you plan to submit an actual session, see Dr. Velasquez to discuss obtaining proper consent from the client and from your agency.*

The recording should be no less than 20 minutes, and no more than 30 minutes long. Use all the MI micro and macro skills that you have learned. *The goal of this exercise is not to conduct the intervention perfectly, but only to allow for some experience and feedback!*

GUIDELINES FOR ASSIGNMENT 4

This assignment has two parts. It is intended to assist you in learning about the evidence base for MI. You are to select a population or behavior and prepare a short (10 minute) presentation for the class on the research evidence for the application of MI to this area. You will also write a 7-10 page paper on the research evidence for the application of MI in this area. Examples include the application of MI with: adolescents, older adults, clients with comorbid disorders (dually diagnosed), or other special populations. You

may choose to write on the application of MI in special settings, such as medical, criminal justice, or child protective service settings. Another option is to write about MI as applied to a particular health behavior or risk factor such as the use of MI with smokers, clients with HIV, heart disease, or diabetes.

Presentations will be scheduled for class sessions in November. Papers are due on November 30th – the last day of class.

Guidelines for presentations:

Prepare and deliver a 10 minute presentation for your classmates. In this presentation, you will describe the topic or population to which you are applying MI, the issues involved (if any) and the research evidence behind this approach. This should be the area on which you are writing your final paper.

Guidelines for final papers:

1. You should write a paper that is 7-10 pages in length, not including references. You should have a **minimum** of 6 outside references (not including the textbook) and a **maximum** of 15 outside references. No more than three references may be websites. References should be cited in the body of the paper. If you don't cite it, it isn't a reference. References should also be listed at the end of the paper. You must format citations and references according to the APA 6th Edition Style Manual. Failure to use APA style will result in a penalty of up to 10 points off your grade for this paper. Failure to adequately cite material is considered a form of plagiarism and may subject you to the Academic Dishonesty policies as outlined in this syllabus and on the website of the Dean of Students at <http://deanofstudents.utexas.edu/sjs/scholdis.php>.

Formatting for ALL students: Papers must be printed on white paper in black ink. The ink must be legible. Papers must be stapled. If you do not have a stapler, stop by an office on campus and borrow one before coming to class. You do not need a cover page. Your name and topic should appear in the heading of each page. Each page must be numbered at the top right hand side of the page. You must use 1.25” margins all around. Papers should be double-spaced in Times New Roman or Times 12-point font. Failure to properly format your paper will result in a penalty of up to 10 points off your grade for this paper. Spelling and grammar errors will result in a reduction of your grade. Do not rely on software to correct all your errors, as it will not catch them all. If you need to have someone proofread or help you with your papers, there are writing centers available to you or see Farya for assistance.