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<th>Seminar Topic</th>
<th>Objectives</th>
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| 1 The Relational Foundation       | • Describe Motivational Interviewing (MI) purpose, benefits, and limitations.  
• Identify key concepts, attitudes, processes, skills, and strategies of MI.  
• Describe Engaging tasks and barriers.  
• Prepare to apply MI spirit to interactions.  
• Observe, practice, and apply person-centered MI skills for effective Engaging.  
• Identify MI-consistent attitudes for Engaging.  
• Submit MI practice sample #1 for self-review.  
• Complete MI quiz with self-review. | • Read Chapter 2  
• Complete Exercise 2.2, 2.3  
Due at beginning of seminar. |
| 2 The Technical Component         | • Continue to apply MI skills for efficient and effective Engaging.  
• Describe Focusing tasks and apply strategies for agenda setting.  
• Recognize client change talk, sustain talk, and discord.  
• Describe Evoking tasks and apply strategies to cultivate change talk and soften sustain talk.  
• Identify MI-consistent attitudes for Focusing and Evoking.  
• Submit MI practice sample #2 for instructor review.  
• Complete MI quiz with self-review. | • Read Chapters 9 & 10  
• Complete Exercise 10.1  
Due at beginning of seminar. |
| 3 Integration into Practice       | • Recognize client signals of readiness for Planning.  
• Describe Planning tasks and apply strategies for goal setting and change planning.  
• Identify MI-consistent attitudes for Planning.  
• Design an MI competency-based professional development plan.  
• Submit MI practice sample #3 for instructor review.  
• Submit MI test for instructor grading. | • Read Chapter 13  
• Complete Exercise 13.5  
Due at beginning of seminar. |

**Post-Seminar:** Submit MI practice sample #4 via simulated patient conference call for instructor review.