

## **Motivational Interviewing**

Advanced, Liberal, 4 credits

Motivational Interviewing is considered to be an advanced level knowledge that is liberal. It represents higher level theory and concepts that human service workers have acquired through applied practice. Advanced level knowledge indicates that you are able to use terminology, concepts, and theory in an applied way. Motivational Interviewing is more often about why we do things (i.e., liberal) and not necessarily how we do things (i.e., non-liberal). Empire State College does not offer a course in Motivational Interviewing.

Please use the questions below to structure your PLA submission on the topic of Motivational Interviewing. Copy each question and respond directly below it. If you utilize an outside source, such as a website or a book, make sure to reference this in your response. The responses to the questions should be submitted in a Word document and uploaded in PLA Planner. In PLA Planner, you would list the topic as Motivational Interviewing, asking for 4 credits, and designate this as Advanced and Liberal.

Please note – responding to these questions is not a guarantee of credit. You will still be expected to speak with an evaluator and answer any supplemental questions that they may have. The evaluator would then make a credit determination.

### **Questions for Students to respond to**

**We suggest you save this document with your name and the title of the PLA (e.g., Smith Motivational Interviewing PLA) and answer beneath each question below.**

Name:

ID:

PLA Title: Motivational Interviewing

Number of Credits Requested: 4

Type: Advanced, Liberal

1. Please describe your experiences with motivational interviewing.

2. Please list any workshops or trainings that you have taken in order to conduct motivational interviewing.
3. What are the skills involved in motivational interviewing? Please explain in detail. Make sure to cite appropriately if you utilize references.
4. Motivational interviewing utilizes socratic questioning. Please describe a scenario in which you might utilize this.
5. Discuss who developed Motivational interviewing and in what context it was developed and for which population.
6. Discussed how open ended questions, affirmations, reflective statements, and rolling with resistance are key elements of motivational interviewing.
7. How does confrontation fit in motivational interviewing?
8. How is ambivalence addressed in motivational interviewing?
9. What are the theoretical underpinnings of motivational interviewing?
10. What the OARS Microskills and what is their role in motivational interviewing?
11. Discuss the case of someone you worked with from start to finish that demonstrates your effective utilization of motivational interviewing.