

## Possible Options for Conducting MI Workshops

### In-person:

- **One 4.5-5 hour workshop**, with a lunch break. Usually part one MI takes longer, as it is foundational and includes introductions, so 2.5-3 hours on MI part 1, and 1.5-2 hours on MI part 2.
- **Two 2-2.5 hour workshops**. MI part 1 for 2.5 hours, and MI part 2 for 2 hours.
- **Monthly practice**: 1 hour practice sessions (15 minute review of 1 skill, 15 minutes of practice; 15 minute of another skill, and 15 minutes of practice)
- **Yearly refreshers**: 1-3 hour refresher workshops

### Virtual:

- **Three 1.5 hour workshops (with availability to break out groups for practice)**.
  - First workshop: introductions, what is MI,/stages of change, research, and empathic communication (affirming, acknowledging, normalizing and non-judgment). Practice. Participants set goals.
  - Second workshop: goal check in, brief review of workshop 1, open-ended questions, practice; and reflective listening, practice. Participants set goals
  - Third workshop: goal check in, brief review of workshop 1 and 2, autonomy, assessing conviction and confidence, practice; strategies to increase conviction and confidence, practice.
- **Three 1 hour workshops (no practice availability)**
  - First workshop: introductions, what is MI,/stages of change, research, and empathic communication (affirming, acknowledging, normalizing and non-judgment). Demonstrations/videos. Participants set goals.
  - Second workshop: goal check in, brief review of workshop 1, open-ended questions, demonstrations/videos; and reflective listening, demonstrations/videos. Participants set goals
  - Third workshop: goal check in, brief review of workshop 1 and 2, autonomy, assessing conviction and confidence, demonstration/videos; strategies to increase conviction and confidence, demonstration/videos.
- **Micro-practice**:
  - Huddles or staff meetings: 5 minute review of a single skill (what it is, why it is important), practice in break outs for 5 minutes if possible; if not, demonstration and ask others to share briefly about their experience of using it at work or at home.