Assignment Descriptions

For this course, you will be expected to complete four types of assignments.

2. Exercises from the Rosengren workbook.
3. Watching MI training videos and responding to questions about them.
4. Uploading mock MI sessions that demonstrate skills for a given week.

For the Mock MI sessions, you will be randomly assigned a partner who will help you practice. You will both take turns as the client and therapist each week. Your partner will remain the same throughout the duration of the course. If we have an odd number of students in the course, we may ask for volunteer clients.

*There are 5 weekly Modules. New Modules will open Monday mornings at 5am. All written assignments will be due on the Saturday before the start of the following module by 11:59 P.M. Similarly, video assignments will be due the Sunday prior to the start of the new module by 11:59 P.M.*

Course Outline

**Week 1: Intro. & Overview of MI**
*Assignments: Course readings Chap. 1-3, Core Concepts, Exercise 2.2 & 2.4, Part 1 reflection question, video reflection & Zoom practice video

**Week 2: Engaging**
*Assignments: Course readings Chap. 4-6, Exercise 4.3 & 4.4, Exercise 5.2 & 5.3, affirmation video reflection, summaries video reflection & zoom video practice (OARS)

**Week 3: Focusing**
*Assignments: Course readings Chap. 7-8, Exercise 7.1, open-ended questions video, decisional balance video reflection, zoom practice video

**Week 4: Evoking**
*Assignments: Course readings Chap. 9-11, Exercise 9.4, 11.1 & 11.2, change talk video reflection, ambivalence video reflection, the Round Case example video reflection, Zoom video practice (change talk)

**Week 5: Planning**
*Assignments: Course readings Chap. 12-13, Exercise 12.4, Chap. 12 questions, final Zoom practice video (change plan)