

CASPER COLLEGE COURSE SYLLABUS  
COM 2155 Motivational Interviewing

**Semester/Year:** Fall Semester 2015

**Lecture Hours:** 3

**Lab Hours:** 0

**Credit Hours:** 3

**Class Time:** 3 – 9 PM  
8 AM – 4 PM

**Days:** Friday  
Saturday  
Sept. 11-12  
Oct. 9-10  
Nov. 13-14

**Room:** KT 155

**Instructor's Name:** John Ordiway, MS, LPC, LAT, CBIS

**Instructor's Contact Information:** Email is the best method to contact me

**Office Phone:** 307-268-2281  
**Office Location:** LH 175A

**Email:** jordway@caspercollege.edu

**Office Hours:** MWF 10-11 am and 1-2 pm, TR 12:15 – 1 pm

**Course Description:** Behavioral change is a goal of many human service professionals. This course will examine the process of how change occurs and how to apply evidence based practices to assist clients with the change process through the use of motivational interviewing. Through a combination of lecture, skill practice, discussion and personal exploration this course will serve as a 'hands' on experience for the change process.

**Statement of Prerequisites:** No prerequisites are required for this class.

**Goal:** The goal of this class will be for students to demonstrate an understanding of the change process and how to help people struggling within that process.

**Outcomes:** As a result of this class, students will:

1. Demonstrate effective oral and written communication
2. Solve problems using critical thinking and creativity
3. Demonstrate knowledge of diverse cultures and historical perspectives
4. Appreciate aesthetic and creative activities
5. Use appropriate technology and information to conduct research
6. Describe the value of personal, civic, and social responsibilities

**Course Objectives:** By the end of class, students will be able to effectively communicate in a manner that impacts behavior change. Students will recognize the difference between change talk and sustain talk as well as know how to handle resistance. Students will learn to appreciate the personal and cultural differences of others as well as focusing on personal strengths of the individual they are interviewing.

**Methodology:** Interactive lecture, in-class discussions, outside assignments and activities, possible guest speakers, and short video segments. Your feedback is valuable as the instructor uses course evaluations in determining course methodology.

## Evaluation Criteria:

**Quizzes** 3 quizzes/20 points each, during the semester, based on the text and selected handouts made available to students.

**Mid-term and Final Examinations** Skill practice tapes will take the place of examinations.

**Presentations:** 50 points. The final weekend of class all students will complete a 10-15 minute presentation on an area of interest involving motivational interviewing and a specialized population. The presentation should cover at a minimum:

- How MI applies to your area or group
- What research exists for MI as it relates to the special area or group and what the research says about MI's effectiveness.
- How you see yourself using MI with this group are in this area.

**Skill Practice Assignments:** 50 points per tape. Using techniques discussed in the course text, students will role-play one 10 minute and two 20 minute interventions with mock clients and submit audio or video tapes of the interactions to the instructor and complete an evaluation for both. *The goal of this exercise is not to conduct the interview perfectly, but to all for some experience and feedback on skill development.* **Loss of 5 points per day that assignment is late.**

**Tape Feedback:** 25 points per session. Following the submission of each skill practice assignment, students will schedule a time with the instructor to review the tape to get feedback on the session and ways to improve for the next tape.

**Extra Credit Opportunity** – 20 points for each of the skill practice tapes that are transcribed when submitted for scoring.

- **Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.**

**ATTENDANCE IS MANDATORY FOR ALL CLASS PERIODS.** Attendance Friday 3:00 PM to 9:00 PM and Saturday from 8:00 AM– 4:00 PM is required to earn all attendance points. Each weekend class is worth 200 points.

### Grading: (335 points possible)

90-100% =A

80-89% = B

70-79% = C

60-69% = D

59 and below = F

### Required Text, Readings, and Materials:

Textbook – Miller, W.R & Rollnick, S. (2012). *Motivational Interviewing: Preparing People for Change* (Third Edition). New York: Guilford Press

ISBN **1609182278**

**Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade:**

November 12, 2015

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

**ADA Accommodations Policy:** If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, [bheuer@caspercollege.edu](mailto:bheuer@caspercollege.edu). The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

**Calendar or schedule indicating course content:** (Instructor reserves the right to make changes to the schedule as class need dictates)

	Class introductions,
	Review of syllabus
	What is Motivational Interviewing
	The Change Process
	The Four Processes
	The Spirit of MI
Sept. 11-12	Quiz (Spirit and the 4 processes)
	Introduction to OARS
	Reflective Listening
	Open-Ended Questions
	Affirmations
	Summaries
	In class work on first taped session (due by 9/20/2015).

Oct. 9-10

- In class Skills Practice (OARS)
- Quiz (OARS)
- Tape 1 feedback
- Working the 4 processes
- Introduction to behavior count scoring
- Recognizing, Reinforcing and Eliciting Change Talk
- Working with Resistance
- Identifying and Working with Ambivalence
- In class work on Tape 2 (due by 10/18/2015).

Nov. 13-14

- Quiz (working with resistance and change talk)
- Information Sharing, Offering a concern/suggestion and giving advice
- The Key Question
- Negotiating a treatment plan
- Coding samples of MI
- In class presentations
- In class work on Tape 3 (due by 11/22/15).