

Deputy Probation Officer Core Training

Topic 3.0: Communication

Class 3.4: Motivational Interviewing

Instructional Time: 1 hour

1. Welcome and Introductions
2. Objectives
  - a. Define motivational interviewing.
  - b. Identify the importance of motivational interviewing as an effective technique
3. Activity: Two Truths and a Lie
4. What is Motivational Interviewing?
5. Benefits of Motivational Interviewing
6. Engagement
7. OARS (Open-Ended Questions, Affirmations, Reflections, Summarizations)
8. Review / Closing / Evaluations

