The evidence-based practice of Motivational Interviewing is a way of working collaboratively with persons (inter-viewing or looking-at-together) to assist them in accessing their own motivation to change those aspects of their behavior that contradict their essential values and interfere with the achievement of their life goals. Motivational Interviewing is essentially a philosophy that includes specific strategies and techniques.

Motivational Interviewing Workshops I and II introduce participants to the basic constructs of the Motivational Interviewing Model and provide opportunities to practice basic skills in its clinical application. These workshops are aimed at increasing understanding and skill among direct service providers in the Motivational Interviewing approach to empowering people to change. But they can do little more than provide a foundation on which participants can build proficiency in the use of this evidence-based practice in their clinical work. To incorporate the model into the culture of the clinical setting, and to maintain its consistent practice in the face of everyday stressors and pressures requires ongoing attention to and monitoring of its principles and practices.

Supervisors are uniquely positioned to:

. . . become the on-site champions of Motivational Interviewing by modeling it in their interactions with consumers, supervisees, administrators, colleagues, and other stakeholders.
. . . design and provide Motivational Interviewing training opportunities specifically targeting the strengths and needs of their particular staff and agency.
. . . monitor their supervisees’ daily delivery and appropriate documentation of Motivational Interviewing interventions.

The workshop, *Clinical Supervision in Motivational Interviewing*, focuses specifically on the challenges and opportunities of Supervisors to advance fidelity to the Motivational Interviewing model in their agencies.

This workshop provides an opportunity for clinical supervisors to explore six practice guidelines that can assist them in monitoring their own behavior as they guide their supervisees in the practice of Motivational Interviewing:
**Learning Objectives:**
Participants in this workshop will gain a greater understanding of the following six practice guidelines and will explore ways to incorporate them into their supervisory protocols:

- Adhering to Guiding Principles
- Avoiding Traps / Roadblocks
- Laying the Philosophical Foundation
- Maintaining a Clinical Focus
- Adapting to the Supervisee’s Strengths / Needs
- Developing the Supervisee’s Skill Set

The workshop will mirror the Motivational Interviewing model in that, for each of the six guidelines, we will inter-view (that is – look at together):

1. problems facing the clinical supervisor in today’s mental health and addictions services environments, including issues of counselor competency and concerns about compassion fatigue and burnout,

2. practical approaches consistent with the Motivational Interviewing model to resolving or minimizing these problems,

This training material is based on:


Ongoing empirical research and clinical experience related to the Motivational Interviewing Approach.