Semester/Year: Spring 2019

Lecture Hours: 3  Lab Hours: 0  Credit Hours: 3

Class Time: 5-8 pm  Days: Wednesday  Room: Online (live)

Instructor’s Name: John Ordiway, MS, LPC, LAT

Instructor's Contact Information: Office Phone: 307-268-2281  Email: jordiway@caspercollege.edu

Office Hours: Mon, Tues, Thurs. 9am-11am

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. Use the scientific method
3. Solve problems using critical thinking and creativity
4. Demonstrate knowledge of diverse cultures and historical perspectives
5. Appreciate aesthetic and creative activities
6. Use appropriate technology and information to conduct research
7. Describe the value of personal, civic, and social responsibilities
8. Use quantitative analytical skills to evaluate and process numerical data

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 lecture and selected handouts made available to students.
Mid-term and Final Examinations Skill practice tapes will take the place of examinations.

Presentations: 100 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: 100 points per tape. Using techniques discussed in the course text, students will role-play (3) three 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 develop skills throughout the course. Loss of 5 points per DAY that assignment is late.

Tape Feedback and coaching: 25 points per session. Following the submission of each skill practice assignment, students will schedule a time with the instructor to review the tape via teleconference or in-person meeting and get feedback on the session and ways to improve for the next tape. If the coaching is not completed before the next tape is due, no credit will be given for the coaching session.

Extra Credit Opportunity – 10 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.

Because this is a skills practice class, ATTENDANCE IS MANDATORY FOR ALL CLASS PERIODS. If you have a conflict prior notification to the instructor is required. Students missing 3 class will lose 1 letter grade, those missing 4 classes will lose 2 letter grades, anyone missing 5 or more classes will result in failing the course. For the purpose of this class attendance is considered to be logged into the Zoom meetings with your web camera on and active participation in all exercises and discussions.

Grading: (535 points possible)

90-100% = A
80-89% = B
70-79% = C
60-69% = D
59 and below = F

Required Text, Readings, and Materials:

REQUIRED:
Building Motivational Interviewing Skills: A Practitioner’s Workbook 2nd edition
Gilford Press
ISBN: 978-1-4625-3206-3
RECOMMENDED:
ISBN 1609182278

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade:
April 18, 2019

**Technical Requirements** – This is a LIVE class that will happen online. You must have the following in order to participate effectively: computer, web camera, audio speakers (headphones with microphone is recommended) microphone, stable internet connection, a distraction free environment.

**Automatic Withdrawal Statement:** Students who have not attended and/or participated in a class they are enrolled in during the first week of the semester will be automatically dropped from that class at the beginning of the second week. If you have questions about this matter please contact your instructor.

**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 Chair/Program Director, the Dean, and lastly the Vice President for Academic Affairs.

**Academic Code Violations:** (Cheating and Plagiarism) Casper College demands academic honesty. Academic code violations focus on academic dishonesty, which includes but is not limited to, cheating, plagiarism, buying, selling, or stealing exams; substituting for another person, collusion when collaboration is not approved; knowingly furnishing false information; and copyright violations. Violations of the college's academic code can result in a range of negative consequences from failing a graded assignment to expulsion from the college. See the Student Code of Conduct for more information on this topic ([www.caspercollege.edu/student-handbook](http://www.caspercollege.edu/student-handbook))

**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. 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.

**Harassment and discrimination:** Casper College seeks to provide an environment that is free of bias, discrimination and harassment. If you have been the victim of sexual harassment/gender or sex discrimination/sexual misconduct/assault, we encourage you to report this. If you report this to an employee, she or he must notify our college’s Title IX Coordinator, Linda Toohey, Associate Vice President for Student Services, 125 College Drive, GW 412, Casper, WY 82601; (307) 268-2667; linda.toohey@caspercollege.edu about the basic facts of the incident. Employee concerns should be
directed to the Human Resources Director. For more information about your options, please go to: caspercollege.edu/nondiscrimination

Calendar or schedule indicating course content:

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Topic</th>
<th>Assignments Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/23</td>
<td>Tech issues, Introductions &amp; syllabus review</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The change process</td>
<td></td>
</tr>
<tr>
<td>1/30</td>
<td>What is MI? The Spirit of MI (chap. 2)</td>
<td></td>
</tr>
<tr>
<td>2/6</td>
<td>The Four Processes (chap. 3)</td>
<td></td>
</tr>
<tr>
<td>2/13</td>
<td>Reflective Listening (chap. 4)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Quiz 1 (Spirit and Processes) due 2/10</td>
<td></td>
</tr>
<tr>
<td>2/20</td>
<td>Reflective Listening (chap. 4)</td>
<td></td>
</tr>
<tr>
<td>2/27</td>
<td>Open questions, Affirmations, Summaries (chap 5)</td>
<td></td>
</tr>
<tr>
<td>3/6</td>
<td>In class practice</td>
<td>Tape 1 due 3/3</td>
</tr>
<tr>
<td>3/13</td>
<td>Midterms</td>
<td>Quiz 2 (OARS)</td>
</tr>
<tr>
<td></td>
<td>In class practice with volunteers</td>
<td></td>
</tr>
<tr>
<td>3/20</td>
<td>Spring Break</td>
<td>Spring Break – No Class</td>
</tr>
<tr>
<td>3/27</td>
<td>Change Talk/Sustain Talk (chap. 9)</td>
<td></td>
</tr>
<tr>
<td>4/3</td>
<td>Dealing with Discord and resistance lowering (chap. 11)</td>
<td>Tape 2 due 3/31</td>
</tr>
<tr>
<td>4/10</td>
<td>Developing a case plan (chap. 12-13)</td>
<td>Quiz 3 (Change Talk &amp; Discord)</td>
</tr>
<tr>
<td>4/17</td>
<td>In class practice</td>
<td></td>
</tr>
<tr>
<td>4/25</td>
<td>Presentations</td>
<td></td>
</tr>
<tr>
<td>5/1</td>
<td>Presentations</td>
<td>Tape 3 due 4/28</td>
</tr>
<tr>
<td>5/8</td>
<td>Last Class</td>
<td>Presentations</td>
</tr>
<tr>
<td>5/8</td>
<td>Last Class</td>
<td>Presentations</td>
</tr>
</tbody>
</table>