



# RIVERSIDE COUNTY PROBATION DEPARTMENT

Serving Courts • Protecting Our Community • Changing Lives



**Course Title: Field: Motivational Interviewing (MI) Refresher**

**Hours of Instruction: 4**

**Course Objectives:**

- a) Describe the (4) components of Motivational Interviewing.
- b) Define Cultivating Change Talk.
- c) Identify the types of questions to avoid when Cultivating Change Talk.
- d) Define Softening Sustain Talk.
- e) Identify the things to avoid when Softening Sustain Talk.
- f) Define Partnership.
- g) Identify the things to avoid when trying to collaborate with the client.
- h) Define Empathy.
- i) Identify the things to avoid when trying to understand the client's point of view.