


MISSOURI INSTITUTE OF MENTAL HEALTH

4633 World Parkway Circle | 314-516.8419(phone)  
St. Louis, MO 63134 | 314-516-8428 (fax)

[WWW.MIMHTRAINING.COM](http://WWW.MIMHTRAINING.COM)

**UMSL** | **MIMH**  
Missouri Institute of Mental Health



# HOW IS MOTIVATIONAL INTERVIEWING APPLIED

WITH MARY DUGAN, PHD

CENTER FOR PREVENTION, OUTREACH, AND PROFESSIONAL EDUCATION

## Guide Usage

This Guide is considered a master document.

If you have more than one person wanting to register for CE credit upon completing this program, you will need to make copies of the registration form, post-test and evaluation.

Here is how you receive credit for this training.

- Watch the DVD enclosed
- Complete the enclosed post-test and evaluation
- Complete the enclosed CEU form
- Return your CEU form, post-test, evaluation and \$10 to:

Missouri Institute of Mental Health  
POPE Center  
4633 World Parkway Circle  
St. Louis, MO 63134  
314.516.8419

We will then send you your CEU certificate.

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## Contact Hour

The University of Missouri, Missouri Institute of Mental Health will be responsible for this program and will maintain a record of your continuing education credits earned. MIMH will award 1 clock hour or 1.2 contact hours (.1 CEU) for this program.

MIMH credit will fulfill Clinical Social Work, Counselor and Psychologist licensure requirements in the State of Missouri. Attendees with licensure from other states are responsible for seeking appropriate continuing education credit, from their respective boards for completing this program.

## Post Test (circle your answer)

- 1. What are the two phases of Motivational Interviewing?:**
  - a. Open-ended questions & summaries
  - b. Resolve ambivalence / build motivation & strengthen commitment / develop realistic plan
  - c. Client-centered & Directive
  - d. Prevention & Intervention
- 2. True or False: A Practitioner must only use a reflection when he/she is absolutely sure what the consumer or client is trying to say.**
- 3. When discussing change talk, the acronym DARN stands for:**
  - a. Directive, Ambivalence, Resolve, Necessitate
  - b. Draw Out, Ask questions, Reinforce, Negotiate commitment
  - c. Discuss, Accept, Repeat, New Life
  - d. Desire, Ability, Reason, Need
- 4. Which settings are appropriate for applying Motivational Interviewing?:**
  - a. Counselor's Office, School
  - b. Correctional Institution, Hospital
  - c. Doctor's Office, Mental Health Agency
  - d. All of the Above
- 5. The statement, "You've told me about wanting to become a truck driver, but you also mentioned earlier that you let your driver's license expire more than a year ago," would be an example of:**
  - a. A double-sided reflection
  - b. Implementing change talk
  - c. A summary
  - d. Rolling with resistance

# Evaluation

## Profession \_\_\_\_\_

<b>Program Process (Please circle one)</b>			
The program objectives were met:			
Strongly Agree	Agree	Disagree	Strongly Disagree
The registration/purchasing process was smooth:			
Strongly Agree	Agree	Disagree	Strongly Disagree
The program content was well organized:			
Strongly Agree	Agree	Disagree	Strongly Disagree
Please explain why you disagreed with any of the above:			
The best thing about this training was:			
How could this training be improved?			

<b>Name</b>		
<b>Address</b>		
<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Employer</b>		
<b>Address</b>		
<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Phone</b>	<b>Email</b>	
<input type="checkbox"/> Check Enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Master Card		
<b>Credit Card #</b>		<b>Expires</b>
<b>Name on Card</b>	<b>Signature</b>	
<b>Mail to: MIMH (DVD)</b> <b>4633 World Parkway Circle</b> <b>St. Louis, MO 63134</b>		

# Notes

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