

Motivational Interviewing with Couples



1.5-hour recorded asynchronous distance learning workshop!

Couples counseling has a long history in many countries. Recent years have seen renewed interest in how MI can be used with couples to support individual behavior change. Relationship partners (e.g., married spouses, cohabiting couples, main or primary relationship partners, dating partners) have substantial potential to influence one another's behavior. Partners in such relationships often rely on one another in important ways. They may share important resources (like money, housing costs, social networks, or time). They can also influence one another through their social interactions.

In many ways, MI with couples draws upon elements of established MI practice that will be familiar to any experienced practitioner (for example, MI spirit, processes, and skills like OARS). At the same time, working with a couple means forming an alliance with both of the partners (individually) as well as with the couple as a whole. It involves allowing partners to speak to one another and helping them to communicate more effectively than they might on their own. The workshop will discuss how established MI practices are adjusted in response to these considerations.

One of the biggest challenges in conducting MI with couples has historically been responding in situations where partners feel differently about whether or how change should happen. The workshop will introduce a novel process unique to MI with couples – Facilitating Dyadic Functioning – as well as strategies for supporting productive conversation between partners (and reducing conflict) that have been developed specifically to address this challenge. This workshop is intended as a practical introduction to couples MI. The workshop is designed for providers familiar with MI who are (or wish to begin) integrating couples' services into their practice. It will therefore incorporate demonstration, structured practice, and discussion.

Course Objectives

- Describe the role of the counselor in an MI session.
- Describe how relationship partners and relationships in general influence individual behavior.
- Identify the difference between speaking to an individual versus a couple.
- List how change plans integrate partner engagement.

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Instructor

Tyrel J. Starks PhD

I am a licensed clinical psychologist and an Associate Professor in the Department of Psychology at Hunter College. I have been involved in the delivery, supervision and training of MI for over a decade. This includes extensive experience with MI delivered in the context of randomized controlled trials and also in health care and community-based organizations. I aim for trainings to be fun and informative spaces for actual skill development. With preparation and an open mind, the expertise of trainings and the core concepts of MI can be brought together to yield knowledge and skills with immediate practical value -- provided we can find time to give ourselves permission to practice.

Course Outline

- 00:04 Introduction
- 02:55 Challenges of applying MI to couples
- 21:07 Example of using MI with couple
- 32:20 MI spirit with couples
- 35:18 Pathways of communication with couples & dyadic questions
- 55:05 Good communication,
- 01:01:05 Shared goals & dyadic change planning
- 01:10:45 Q&A

Continuing Education

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, (MI Center for Change) programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.

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Continuing Education (cont.)

- MI Center for Change #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval periods (8/20/25-8/20/28). Social workers completing this course receive 1.5 continuing education credits.
- Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

How Motivational Interviewing with Couples course works

You will register by providing your name and email, and will be emailed your confirmation and login details. You will watch the video and then score a passing grade. Once you complete the quiz you will be prompted to complete the end of course evaluation. After completing the evaluation you will be emailed your certificate within 48 hours.

Continuing Education Information

We do not provide partial Continuing Education credit for this course. Participants must complete the 1.5 hour of recorded asynchronous distance learning

Course Fee: \$37

Course recording date: 10/02/2026

What if there is a group at my agency that wants to take the training together?

Each individual must have their own device to sign in for their course. Email for more information admin@micenterforchange.com

Individual Course Access: Each member of the group must sign in the course individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation. For more information or to register a group, please contact us at admin@micenterforchange.com

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Continuing Education Information

System Requirements, Terms and Conditions:

Please take the time to read the [System requirements, Terms and Conditions](#) for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions [here](#). See our Cancellation Policy [here](#).

Disability Accommodation: Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact admin@micenterforchange.com or 828-279-4985