

# 6 Hours Motivational Interviewing with Couples



## 6-hour synchronous distance learning workshop!

Recent years have seen renewed interest in how motivational interviewing can be used with couples to support individual behavior change. This day-long workshop introduces attendees to essential aspects of the theory and practice of motivational interviewing with couples. The workshop begins with an overview of what relationship science has learned about motivation and the implications for health-related decision making. Trainees then learn how MI with couples expands upon the individual MI skill-set. The morning session culminates in the introduction of how counselors engage couples in ways that align with MI Spirit. The afternoon session begins with a focus on strengths-based communication skill building and skills for mitigating conflict and exploring change-related goals in session. It culminates with an overview of goal-setting and planning with couples and special practice-related considerations. Throughout the workshop, concepts are illustrated in example session transcripts and activities.

### Course Objectives

1. Describe how relationship partners and relationships in general influence individual behavior.
2. Explain the importance of facilitating dyadic functioning in MI with couples.
3. Demonstrate the difference between speaking to an individual versus a couple.
4. Explain the role of the counselor in an MI session with a couple.
5. Produce examples of couple-level utterances.
6. Differentiate between effective and ineffective counselor responses to conflict between relationship partners.
7. Explain the role of relationship partners in goal-formation and change planning.
8. Explain the importance of having consent and screening procedures that anticipate the needs of couples.

### Course Level

This workshop is suitable for couples therapists or therapists interested in couples therapy that are already familiar with Motivational Interviewing. This course is for intermediate to advanced MI learners. This is a live, interactive training day and seats are limited!

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## Instructor

Tyrel J. Starks PhD

Dr. Starks obtained his PhD in Clinical Psychology (specializing in work with children and adolescents) from Southern Illinois University Carbondale in 2009. Currently, he is a Professor of Psychology at Hunter College of the City University of New York; a New York State licensed clinical psychologist; and certified trainer and member of the Motivational Interviewing Network of Trainers (MINT). For more than a decade, Dr. Starks has conducted research funded by the National Institutes of Health focused on sexual-romantic relationships and health, with a particular emphasis on the development of substance use and sexual health interventions for couples. This work is ongoing and includes the 2022 publication of his book, *Motivational Interviewing with Couples*, by Oxford University Press.

## Course Outline

- 10:00am – 10:15: Introductions
- 10:15 – 10:30: Background and essential concepts
  - Relationships as a source of motivation
  - MI with couples: Expanding existing MI skills
- 10:30 – 11:00: The Spirit of MI when the Couple is the Client
  - Session analysis (transcript 1: example of poor MI spirit)
- 11:00 – 11:45: Engaging with couples
  - Practice activity (worksheet 1: generating couple-level utterances)
  - Session analysis (transcript 2: example of strong MI spirit)
- 11:45 – 12:00: MIDMORNING BREAK
- 12:00 – 12:45: Responding to how couples speak to us
  - Session analysis (transcript 3: examples of 3 styles)
  - Practice activity (worksheet 2: vignette practice transcripts)
- 12:45 – 1:15: Drawing out and amplifying relationship quality
- 1:15 – 1:45: LUNCH BREAK
- 1:45 – 2:30: Supporting successful communication in session (recognizing adaptive communication; recognizing and responding to common forms of conflict in session)
  - Session analysis (transcript 3: strengths-based communication skill building)
- 2:30 – 3:00: Negotiating a focus or target behavior
- 3:00 – 3:15: AFTERNOON BREAK
- 3:15 – 3:30: Evocation: Balancing seeking consensus and eliciting change talk

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## Course Outline (cont.)

- 3:15 – 3:30: Evocation: Balancing seeking consensus and eliciting change talk
  - Practice activity (worksheet 3: vignette practice transcripts)
- 3:30 – 4:00: Planning and goal setting with couples
  - Session analysis (transcripts 5 and 6: planning examples)
- 4:00 – 4:15: Special considerations when relationships end
- 4:15 – 4:30: Best practice considerations when working with couples
- 4:30 – 5:00: Wrap-up: Questions and summary comments

## 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.
- 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 6 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.

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## How 6 Hours Motivational Interviewing with Couples workshop works

- You will register by providing your name and email, and will be emailed your confirmation and reminders for the live workshop. Registration deadlines for the live webinar can be found on the website. Seats are limited
- Captions are available during the live workshop.

## Continuing Education Information

We do not provide partial Continuing Education credit for this live workshop. Participants must attend the 6 hour of synchronous distance learning. Following live event attendance and completion of End of Course evaluation, participants will receive an email with their downloadable 6 hr CE certificate within 48 business hours.

**Course Fee:** \$197 per person

### **Will I be receiving a recording of the event?**

No, this event will not be recorded. It is live and interactive, and participants must attend the entire 6 hours to receive Continuing Education. No partial CE will be awarded.

### **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 the live workshop. Email for more information [admin@micenterforchange.com](mailto:admin@micenterforchange.com)**

**Individual Course Access:** Each member of the group must sign in the workshop link 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](mailto:admin@micenterforchange.com)

### **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](mailto:admin@micenterforchange.com) or 828-279-4985