



Motivational Interviewing Training with Lyssn

A brief content overview

Lyssn's Motivational Interviewing (MI) training was developed by Dr. Terri Moyers. The training covers foundational MI concepts and skills across five modules. Each module ends with a set of skill practice prompts to apply what you learn, and get feedback on how you are doing as you go.

Module 1. Ambivalence and listening statements

In this module, you will learn what ambivalence to change can look like in conversation and why it matters. Listening statements (reflections) are helpful when ambivalence arises. You will learn about the different types of listening statements and strategies for immediately starting to use them in your day-to-day interactions.

Module 2. Existing motivation and exploring questions

This module introduces exploring questions (open questions) and how they can help clients dig into their own motivation for change. You will be introduced to the concept of "change talk" and learn how exploring questions can open up conversations and expand change talk opportunities.

Module 3. Identifying change talk and liftin language

In module three, you will do a deeper dive into change talk. You will learn practical steps for recognizing it, as well as practical ways you can use listening statements and exploring questions to reinforce and evoke more change talk when you hear it.

Module 4. Refraining from anti-MI approaches

In this module, You will learn four specific strategies to roll with resistance when your client is ambivalent about change. The heart of this module relates to emphasizing client autonomy and refraining from "pushing" approaches such as confrontation and advice-giving.

Module 5. Identifying strengths

In the final module, you will learn how to use affirmations to highlight the client's strengths and efforts. Proactively identifying these strengths can help clients persevere when they hit speed bumps along the way to making targeted changes.