



4789 Yonge St., Suite 703  
Toronto, Ontario, M2N 0G3  
Anna B. Baranowsky, Ph.D., C.Psych, Executive Director  
J. Eric Gentry, Ph.D., Consulting Director  
Phone: (416) 733-3838 • Fax (416) 733-8998  
Email: [learn@psychink.com](mailto:learn@psychink.com) Website: <https://psychink.com/>

# Motivational Interviewing After Trauma

## Course Outline

### Become Trauma Informed Today



## Course Outline

### TI- 104 –Motivational Interviewing After Trauma

---

#### Course Description:

Extreme life events and Post Traumatic Stress create a barrier that hinders an individual's motivation for change due to physiological and psychological states of fear and anxiety. As anxiety increases, the tendency is to avoid rather than to engage in our lives. Motivational Interviewing (MI) can be used in supporting clients to learn to stabilize before going into their stories. It is an evidence-based counselling approach that was developed by clinical psychologists Stephen Rollnick and William Miller (1991). It involves a style of communicating with clients that specifically resolves ambivalence and/or resistance and builds motivation for change. MI can be utilized to support clients to be able to stabilize prior to beginning to share and work through their traumatic experiences.

#### Course Goals:

At the end of this course, students will be able to empower the trauma survivors to motivate themselves in everyday activities (education, work, relationships and home life). A strong emphasis is placed on designing activities for recovery and reconnection such as rituals and memorials. Creating or re-creating community connections and healthy outlets will be the main focus of this course.

This program offers a wide variety of non-clinical hands-on approaches for assisting trauma survivors in a community setting incorporating Motivational Interviewing techniques.

#### Who Would Benefit From Participation:

This course will benefit professionals, paraprofessionals, and volunteers who work with trauma survivors or wish to gain skills to do so. The courses in this certification stream are designed to enhance skills development among individuals whose work, volunteer or personal activities take them into contact with individuals or groups who have been directly exposed to trauma.

#### Learning Objectives:

- Treatment approaches within a Tri-Phasic model: Safety & Stabilization; Remembrance & Mourning; Reconnection.
- Addressing post-trauma responses of the Body, Mind, Behavior and Emotion using CBT
- Over 20 CBT interventions for trauma recovery.
- Learn underlying principles of CBT, and the development of Behavioral, Cognitive and CBT approaches.
- Application of CBT toward fulfilling each stage of the Tri-Phasic treatment model
- Practical applications of CBT among trauma survivors.
- Hands on approaches for working with trauma survivors on their journey to recovery through community reconnection.

#### Course Evaluation:

Students are required to complete all training components in order to successfully complete this program.

#### Required Course Reading:

TI-104 Motivational Interviewing after Trauma Course Manual



## TI- 104– Motivational Interviewing After Trauma Contents

<b>Course Outline</b>
Program Instruction Philosophy & TI Training & Learning Goals
Motivational interviewing Agenda and learning objectives
The spirit of motivational interviewing (MI)
Collaboration, Evocation and Autonomy
The value of using MI – Why Do People Change
Ambivalence
Post-traumatic Stress Disorder
Trauma and Dysregulation
MI's Fit with Trauma
Creating New Neurons
Motivational Interviewing Techniques
Simple, Complex, Feeling, Amplified and Double-sided Reflections
Avoid argumentation
Develop discrepancy
Using the MI Skills
Preparing People to Change Health Behaviours Tips
Skills checklist
Prochaska and DiClemente's Stages of Change Model
Motivation & Ambivalence
Change Talk
Strategies for Evoking Change Talk
References