

## MI Four Processes CoP

- I. Briefly review 4 MI Processes (do not go into any detail of the MI Processes as this will be revealed by participants in debrief of the activity)
- II. Briefly review the MI Spirit / PACE (option to display spirit components / definitions on chart paper etc.)
- III. Exercise: Brainstorm race
  - A. Divide participants into 4 teams and assign each team one of the 4 MI processes
  - B. Explain that each team will work together to quickly brainstorm as many ideas they have about MI strategies that could be used in the MI process they were assigned (ie. opening strategies, spirit components or MI principles that could be used for that particular process)
  - C. Let each team know they will have 4 or 5 minutes to quickly brainstorm ideas on chart paper (prepare 4 sheets of chart paper in advance with one of the processes listed on each paper)
  - D. Give the “ready, set, go” cue and have teams start brainstorming. Once the time is up, have all teams stop and then count how many strategies they were able to list.
  - E. Have each team take turns sharing their list of strategies while the CoP topic facilitator helps debrief their ideas with any further discussion and connections to other MI processes etc.
- IV. Exercise: Skill Practice
  - A. Explain to participants they will now have a chance to practice the strategies they came up with.
  - B. Divide participants into pairs and assign each pair to one of the 4 processes. Explain that each pair will take turns playing a client role and a PO (have pre-made client roles prepared to include possible target areas).
  - C. Model the exercise: have one topic coordinator play the PO (using the strategies for the assigned MI process) while another person plays one of the pre-prepared client roles.
  - D. Debrief client role and PO role with further discussion of how the strategies were used in each process and how the client responded etc.