

My biggest learning as a MI trainer:



At the beginning of pre-Forum workshop—“*20 Years of Teaching MI: An Interactive Retrospective*”—participants’ were invited to share their biggest (juiciest) learning as a MI trainer. Below are these learning’s along with an image of our “peach tree” bearing the fruit.

- Decrease content.
- Support participants’ autonomy and self-efficacy. It’s their choice if they choose to learn MI. If they choose to learn MI, we can help support their belief that it is possible to do so.
- Be flexible. Listen and learn from the trainees.
- Extend respect to all learners.
- Just do it.
- It’s just like a client changing a behavior—Gotta use MI!
- Listening to learners’ enthusiasm of how well it went when they practiced MI in their work after a workshop.
- If I am too invested in the outcome, my MI may become manipulation.
- Keep it simple and fun.
- Love what you do and share your passion.
- Have fun.
- Allow time for the unexpected to happen during training.
- Work early to build a good relationship with learners through MI spirit.
- Stay engaged with participants. Stay enthusiastic. Share something of yourself.
- Debrief after exercises but not so long that participants’ start talking about MI instead of talking about their experience with the exercise.
- Trust MI. Trust the group. Trust yourself.
- Model. Model. Model.
- Explain. Explain. Explain (for exercises).
- Lots of exercises with precise instructions for how long we are doing each piece and designation of roles.

- Expect discord. Reflection, reflection, and keep reflecting.
- Michelangelo belief: Participants already value/know MI—I'm helping them find it.
- Tell stories.
- I don't need to convince anyone of anything regarding MI. Let it go!
- The best learning happens outside the learning seminar.
- Primary instruction: Enter into the other person's own view to find their own motivation. And then—really listen!
- Less is more. Less didactic, more interaction = more learning.
- It's a privilege.
- Play music during breaks.
- Be open to learn and fine tune skill.
- Model (always) MI spirit.
- Humility.

Biggest (juiciest) learning peach tree

