

# TRAINING SAMPLE

(The following slides were extracted from  
the full customized presentation)

[www.CarmitaMcCall.com](http://www.CarmitaMcCall.com)

**IMPACT TRAINER:**  
**Dr. Carmita McCall**





# Motivational Interviewing

*Training for Home Visitors*

**IMPACT TRAINER:  
Dr. Carmita McCall**



# Training Objectives

This training provides insights into the techniques of Motivational Interviewing, explores its applications, and how it may be used in home visiting. The training includes opportunities for skill-building and practice.

At the end of this presentation participants will have the ability to:

- Explain what MI is and its benefits
- Observe and understand basic human behaviors.
- Identify, "Readiness to Change" in a client.
- Practice OARS Skills
- Understand how to begin using MI in home visiting.

# TRAINING AGENDA



## MOTIVATIONAL INTERVIEWING & BOUNDARIES

IMPACT TRAINER: DR. CARMITA MCCALL

WORKSHOP DATE: December 8, 2025

### AGENDA

- 9:00 Welcome, Orientation, Objectives
- 9:30 MI Foundation and Communication Skills
- 10:30 Morning Break
- 10:45 MI Mechanics and Techniques
- 11:30 MI in Home Visiting Opportunities
- 12:00 Lunch Break
- 1:00 Challenges in Home Visiting
- 2:15 Afternoon Break
- 2:30 Boundaries: Benefits, Identification, and Development
- 3:15 Boundaries: Implementation and Problem Solving
- 3:45 Q&A, Review, Wrap-Up



Discussion Groups



Training Videos



Case Studies & Scenarios



Activity Sheets



Housekeeping

# TRAINING PLAN



## Course Expectations

### Don't worry

Don't worry about becoming an expert over night.

### This Course will Provide

This course will provide the fundamentals for ML practice.

### Ideas for Learning

You will leave with ideas and resources to keep learning and growing.

## *Who's in the room?*

To further align our activities today, let's take a moment to learn about each other.

- ▶ Name
- ▶ Position
- ▶ Favorite topic to help clients with



*Tell us about yourself*



# Why is it so hard to Change?



# What is Motivational Interviewing?

- ❖ MI is a collaborative conversation for strengthening a person's own motivation and commitment to change.
- ❖ This person-centered counseling style addresses the common problem of ambivalence about change by paying attention to the language of change.
- ❖ It elicits and explores the person's own reasons for change within a space of acceptance and compassion.

- Miller and Rollnick, 2012



# Body Language



1.



Body  
Language  
Continued

2.

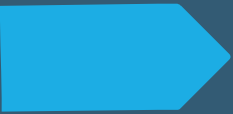


3.



# Review/Q&A

Did we meet our objectives?



**Q&A Time!**

