HPC 6531: Motivational Interviewing
INSTITUTE 2014 Summer 1

Course Evaluations: Written Comments

To what extent do you feel better able to affect positive behavior change with your clients/patients/kids? Why do you feel this way?

- Extremely more effective! This is a whole new idea and I feel proficient now!
- The vast amount of interaction and using skills in the institute was invaluable to my career.
- I feel like I am way more able to affect positive behavior change with future clients. I think that the skills I have learned in this course will directly apply to my profession. I have learned applicable skills.
- 100%! Holistically prepared from reading the book ahead of time and so much real-time experience! I have a whole new perspective on empathy.
- To an extremely high extent. I learned an astronomical amount of information that I am very confident I can put into practice. Excellent institute!
- It allows the client to be an expert and together we can become aware of what motivates them to change. I feel competent connecting empathetically with the client and evoking with thought provoking and compassionate questions.
- To a greater extent. It has really helped me direct focus on the client.
- I feel this course has significantly impacted my ability to help future populations. I feel especially capable in allowing clients to “own” and create their own change.
- A lot better. This entire training has been helpful and informative.
- I feel much better able to affect positive behavior change with my client base than when I started. The repeated practice with fellow students and the constructive feedback has enabled me to become more aware of the specific actions I do to support positive behavioral change.
- After this course, I feel I am better able to be present within the room with my clients/kids without the pressure to be the expert. I am able to have a clear mind and to reflect back what my client has said without any judgment. I am also more relaxed and allow this to be a part of me rather than having anxiety or fear of what the client might reveal.
- I believe I would greatly be able to affect positive behavior change with clients because I have read the materials, been explained the material, and been able to practice extensively the MI skills and techniques.
- I feel completely confident that I will be able to use what I have learned in the MI Institute to affect positive behavior change in clients. I feel this way because I have experienced a growth in skill level both personally and concretely.
- I feel so much more confident about affecting change with the clients because I have had very little experience/training about how to do so. I feel confident with directing through reflections and utilizing open-ended questions to elicit change talk, which is something I couldn’t have done before.
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- I feel that my ability to affect positive behavior change has improved drastically over the course of this week. Participating in this institute has improved my awareness of shortcomings (i.e. lack of reflections, affirmations, constant questioning) that hinder the therapeutic relationship, but has also encouraged me in my God-given therapeutic abilities… “maieutic”!
- I feel like I have a jumping board to go from with this course! Having never really interviewed anyone where we were working on change, I am so glad to now have this information and it feels so natural and good to use with all people. I look forward to using this with clients in real life!
- I feel like I have a completely new outlook on how people are likely to make behavior changes. Understanding the way of guiding and that people are their own experts helps me view therapy with clients wanting to make a change in a whole new manner. I feel much more capable to help clients with MI because of its approach and the spirit of MI, which really resonates.

What were the strengths of this training/Institute?

- Funny, flew by but learned a ton and was very interactive! We knew a ton of information coming in so we would work on skills only. Elizabeth Graves’ teaching. I will literally take any class she teaches because I know I will learn and grow.
- I thought that the professors were very well informed on the subject material. The assignments we did in class were also very helpful and assisted with learning and applying.
- Delivered well, great material, prepared and organized, and presenters were knowledgeable and amazing!
- I like that it was hands-on and interactive. The theories and techniques were split up into manageable orders and intake of information. The facilitators/trainers were empathetic and engaging.
- Interaction, real-playing, and working with classmates really helped take the information off of the text and into reality for me.
- The unstructured “real-life” examples. The instructors’ openness to help students with any part of the program. The instructors’ patience in teaching and offering on-the-spot answers when students recognized their own weaknesses in certain areas.
- The hands-on practice after we discussed the topic.
- All of the practice! Real-play is the way to go. I hate that all my prior classes that required practicing techniques used role-play rather than real-play because I never know if the responses I got were legitimate or contrived.
- I really liked the environment- nonjudgmental, free to do etc., as well as the interactions between Elizabeth and Chip. They welcomed questions/feedback and also made it very interactive. They also shared with us sensitive information which allowed the presence of
vulnerability to be welcomed from all that were in the course. I also liked that they constantly affirmed that we already had the skills we need to be successful.

- I really enjoyed that there were breaks every hour after being introduced new information. I believe I was better able to retain and learn the information. I also enjoyed the long lunch break. I liked the format of the institute in that we learned skills and then we were able to practice them via real-play.

- I believe the strengths of the training were the excitement demonstrated by both instructors and their vast knowledge and skill in MI comes through in their training. The focus on self-care for the participants was beneficial. The activities, PowerPoints, videos, etc were great. I really learned a lot and enjoyed the learning!

- The instructors were amazing! So much enthusiasm! The atmosphere was very relaxed which was conducive to learning. There were a lot of opportunities to practice skills which helped comprehension. The days moved very quickly and it was never boring.

- Strengths included frequent breaks and a long lunch, trainers who are passionate about the subject matter and encourage, punctuality and staying on schedule, and the use of various media resources that aided my learning.

- The greatest strength of this training was the vulnerability shown by Elizabeth and Chip! Having that courage displayed encouraged me to be real and vulnerable when I was acting as a client for my peers. Also, the use of activities to traditional lecture was a great ratio. I never felt like it was so overwhelming that I wasn’t able to understand or put it to good use in practice.

- Chip and Elizabeth were phenomenal!!! They were so prepared, knowledgeable, engaging, and helpful. I loved the setup of the course and it was literally a perfect mix of practice, learning, lecture, and video. Great classmates, instructors, structure, and content.