Motivational Interviewing for Rehabilitation Clinicians

Foundational Skills for Behavior Change

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Register anytime
Mentoring session: November 19th, and December 3rd 2026, at 12 PM ET

Course Summary

Motivational Interviewing (MI) is an evidence-based, patient-centered communication approach designed to support behavior change by strengthening an individual's intrinsic motivation. This course provides a practical, skills-focused introduction to Motivational Interviewing for rehabilitation clinicians.

Participants will learn the core elements of MI spirit (partnership, acceptance, compassion, and empowerment), gain an overview of relevant behavior change theories (including Self-Determination Theory and the Transtheoretical Model), and develop proficiency in the four MI processes: Engaging, Focusing, Evoking, and Planning.

Linda Ehrlich-Jones, PhD, RN, FAAN, FACRM

Associate Director, Center for Rehabilitation Outcomes Research, Shirley Ryan AbilityLab

The course emphasizes foundational communication skills, including the use of open-ended questions, affirmations, reflective listening, and summarization (OARS+), as well as strategies to elicit and respond to change talk (DARN-C). Participants will apply concepts through structured clinical scenarios and guided practice activities to strengthen real-world clinical communication.

This course is designed for busy clinicians and is delivered in a blended format that combines asynchronous online modules with live mentoring sessions to reinforce skill development, confidence, and transfer to clinical practice.

Key Benefits for Participants

- Build practical skills to support behavior change in rehabilitation settings
- Improve patient-centered communication and therapeutic alliance
- Gain confidence using Motivational Interviewing in real clinical scenarios
- Learn how to effectively elicit and respond to change talk
- Strengthen clinical reasoning when selecting communication strategies
- Enhance patient engagement, adherence, and outcomes

What's Included

- 2 hours of asynchronous, online learning modules
- 2 live virtual mentoring sessions (60 minutes each)
- Guided skill practice and coaching
- Case-based learning and clinical scenarios
- Implementation-focused strategies for immediate clinical use

Course Dates & Format

Online modules: available now
Live Mentoring Sessions (Recorded and available for viewing in 1 week):
November 19, 2026 | 12:00–1:00 PM ET
December 3, 2026 | 12:00–1:00 PM ET
Location: Distance Learning—Interactive (asynchronous + live mentoring)

Cost: $249

Can be bundled with other Practice Accelerators for a reduced cost,
Group discounts also available

Learn more at knowledgetranslation.org
or email info@knowledgetranslation.org

Target Audience

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Nurses, and Physicians.

Educational Level

Intermediate

Prerequisites

None

Learning Outcomes

After this course, participants will be able to:

- Define Motivational Interviewing (MI) and MI spirit and how they differ from directive counseling approaches
- Identify the four MI processes and select an appropriate process based on a patient scenario
- Demonstrate the use of OARS+ by generating open-ended questions, affirmations, and reflective statements aligned with a patient scenario
- Elicit change talk using importance and confidence scaling and respond using MI-consistent strategies
- Recognize DARN-C elements of change talk and select an appropriate next response to support movement toward planning

Instructor

Linda Ehrlich-Jones, PhD, RN, FAAN, FACRM

Associate Director, Center for Rehabilitation Outcomes Research, Shirley Ryan AbilityLab

Research Professor, Department of Physical Medicine & Rehabilitation, Northwestern University Feinberg School of Medicine

Dr. Ehrlich-Jones is a member of the Motivational Interviewing Network of Trainers and has extensive experience developing and testing motivational interviewing-based behavioral interventions for individuals with chronic illness. She has served as Principal Investigator and Co-Investigator on federally funded rehabilitation research and is a Fellow of the American Academy of Nursing and the American Congress of Rehabilitation Medicine.

Course Agenda (4.0 Contact Hours Total)

Asynchronous Modules - 120 minutes (2.0 contact hours)

20 min:	What is Motivational Interviewing and MI Spirit
20 min:	Theoretical Anchors for Behavior Change
20 min:	Four MI Processes
35 min:	Core Skills: OARS+
25 min:	Change Talk (DARN-C) and Scaling

Live Virtual Mentoring Sessions - 120 minutes (2.0 contact hours)

Session 1 (60 minutes)

Discussion: MI in clinical practice – 5 min
Orientation and skill priming – 20 min
OARS micro-practice with coached debrief – 35 min

Session 2 (60 minutes)

Discussion: MI in clinical practice – 5 min
Scenario-based practice emphasizing change talk – 35 min
Integration, planning, and Q&A – 20 min

Total Educational Time: 240 minutes = 4.0 contact hours

Instructional Methods

- Asynchronous video-based instruction
- Knowledge checks and quizzes
- Live virtual mentoring
- Guided skill practice
- Scenario-based discussion
- Coaching and feedback

Disclosures

The instructor and planners report no financial or non-financial conflicts of interest related to this course.

Completion Requirements

To receive credit for this course, participants must:

- Complete at least 90% of all asynchronous course content (tracked via LMS)
- Attend at least 80% of each live mentoring session or complete equivalent recorded activities
- Achieve a score of ≥80% on required assessments (retakes permitted)
- Complete the course evaluation

CEUs and Contact Hours

This course includes asynchronous online learning and synchronous mentoring sessions. The total number of contact hours awarded for this course is **4.0 contact hours.**

Contact hours are calculated based on **50 minutes of instructional time per contact hour**, excluding breaks and non-instructional activities.

AOTA Provider Statement:

Institute for Knowledge Translation is an AOTA Approved Provider of professional development. Approved provider number 0000001673.

This Distance Learning—Interactive activity is offered at **0.4 AOTA CEUs (Introductory level; OT Service Delivery and Foundational Knowledge categories)**. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. PD activity approval ID# 16047.

APTA Indiana Approval:

This course has been approved by APTA Indiana for **4.0 Category I Contact Hours**.
Approval number: 006987887C3392

Cancellation Policy

Cancellations must be submitted in writing at least 30 days prior to the course start date. Refunds will be provided minus a 15% administrative fee. The Institute for Knowledge Translation reserves the right to modify or cancel the program. If the program is canceled, a full refund will be issued.

Registration Information

Register at: www.knowledgetranslation.org/ikt-academy/

Accessibility Contact

For accommodation requests related to disabilities, please contact:
info@knowledgetranslation.org