

Join the Toronto Stroke Networks for the upcoming virtual workshop!

# Foundations of Motivational Interviewing: A two-day workshop with Brief Action Planning

## Target Audience

Any stroke care provider in Toronto who offers health behavior change support.

## Date and Location

- **Workshop Dates and Time:**
  - Thursday, September 17<sup>th</sup> 2026, 9:00 AM - 4:00 PM
  - Thursday, September 24<sup>th</sup> 2026, 9:00 AM - 4:00 PM
- **Practice Session:** Participants are required to attend a 1-hour practice session on Tuesday, September 29<sup>th</sup> 2026 between 9:00 AM - 12:00 PM or 1:00 - 2:00 PM (Preferred time can be indicated in the registration)
- **Location:** Virtual. This is an interactive session where access to a working camera and microphone is required
- **Attendance:** Participants are required to attend **both** days **and** the practice session

## Objectives

The program aims to develop motivational interviewing skills and engage clients in conversations about healthy behavior changes. Participants will learn to:

1. Use OARS<sup>1</sup> skills underlying the philosophy of CAPE<sup>2</sup>
2. Identify and listen for client change talk, and practice strategies to elicit and effectively respond to change talk
3. Practice strategies to explore clients' ambivalence about change and raise concerns about current behaviour
4. Address clients' commitment to change, obtaining a goal and developing action plans

<sup>1</sup>OARS: *Open-ended questions, Affirmations, Reflective Listening, Summarizing*

<sup>2</sup>CAPE: *Compassion, Acceptance, Partnership and Evocative Spirit*



Time	Topic
8:50 - 9:00 AM	<ul style="list-style-type: none"> <li>• Log-in and Registration</li> </ul>
9:00 - 10:30 AM	<ul style="list-style-type: none"> <li>• Introduction and Overview</li> <li>• Introduction to Change Talk and Motivational Interviewing</li> <li>• Motivational Interviewing Definition</li> <li>• Video and discussion</li> <li>• The Spirits of Motivational Interviewing</li> <li>• Uncluttered mind and listening</li> </ul>
10:30 - 10:45 AM	Break
10:45 AM - 12:00 PM	<ul style="list-style-type: none"> <li>• Introduction to OARS</li> <li>• Open-ended and evocative questions</li> <li>• Affirmations</li> </ul>
12:00- 1:00 PM	Lunch
1:00 - 2:30 PM	<ul style="list-style-type: none"> <li>• OARS Continued</li> <li>• Reflections</li> <li>• Summaries</li> </ul>
2:30 - 2:45 PM	Break
2:45 - 4:00 PM	<ul style="list-style-type: none"> <li>• OARS Practice</li> <li>• Ask Tell Ask</li> </ul>
4:00 PM	<ul style="list-style-type: none"> <li>• Adjourn</li> </ul>

Note: Agenda and Speakers are subject to change without notice

Time	Topic
8:50 - 9:00 AM	<ul style="list-style-type: none"> <li>• Log-in and Registration</li> </ul>
9:00 - 10:30 AM	<ul style="list-style-type: none"> <li>• Change Talk and Sustain Talk</li> <li>• DARN CATS</li> <li>• Responding to Change Talk and Sustain Talk</li> <li>• Analyze Change Talk</li> <li>• Bag of Change Activity</li> </ul>
10:30 - 10:45 AM	Break
10:45 AM - 12:00 PM	<ul style="list-style-type: none"> <li>• Four processes of Motivational Interviewing</li> <li>• Focusing Activity</li> <li>• Evoking</li> </ul>
12:00- 1:00 PM	Lunch
1:00 - 2:30 PM	<ul style="list-style-type: none"> <li>• Planning</li> <li>• Brief Action Planning (BAP) real play activity</li> <li>• Evoking Activity</li> </ul>
2:30 - 2:45 PM	Break
2:45 - 4:00 PM	<ul style="list-style-type: none"> <li>• Working with resistant people</li> <li>• Battling practice activity</li> <li>• Putting it all together</li> </ul>
4:00 PM	<ul style="list-style-type: none"> <li>• Adjourn</li> </ul>

Note: Agenda and Speakers are subject to change without notice