



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

**School of Health and Exercise Sciences ~ Health and Exercise Sciences 331:
Motivational Interviewing Course Outline, 2023 W2 (3 credits)**

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Office Hours: Mondays before class 12-2pm
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Tutorial Rooms: EME 1101 and 1202

Lecture times and location:

- **Synchronous In-Person Practice:** Mondays 2:00 pm – 5:00 pm PT EME 1101
- **Asynchronous Lectures:** Content uploaded Tuesdays by 12 pm PT.

We are grateful to teach this course on the traditional, ancestral, and unceded territory of the Syilx Okanagan Nation.

Academic Calendar Course Description:

Study of behaviour change techniques, theories and approaches used in one-to-one behavioural support interactions. The course will instill knowledge of theory as well as applied skills in behaviour change counselling.

Prerequisite: All of HES 231, HES 232; **Recommended:** HES 332

Course format: *One synchronous in-person practice session (3 hours), one asynchronous lecture/content (30 – 60 minutes of content on Canvas)*

Course Overview, Content, and Objectives

This three-credit course will provide an in depth understanding of approaches used in behaviour change counselling. The course will primarily outline an approach to behaviour change counselling called ‘Motivational Interviewing’. From here, we will explore how motivational interviewing integrates with the broader field of behavioural science and counselling. By the end of the course, we aim to ensure that you have the knowledge and skills to address health behaviour change in one-to-one settings.

The course will use asynchronous lectures, discussions, demonstrations, activities, and videos to examine links between theory and practice. Much of the course will be conducted through lab-

based group activities and your participation in these activities will be considered in your grade. You are expected to read and watch the assigned material **before** coming to class. You may be asked to do short assignments to prepare for the **mandatory** synchronous practice sessions. Attendance and engagement in the practice sessions will be counted towards your participation grades.

We will share many of our own life experiences and we will know each other well by the end of the semester. Your life experiences are also highly valued (but not required) and will help to make lectures and practice sessions more energetic and interesting. We encourage you to respectfully share your opinions and disagreements; your thoughts can lead to interesting conversations that enhance course material. We hope this course is an enjoyable, valuable, and a memorable learning experience!

Learning Outcomes

After taking this course, students will have:

1. An in-depth knowledge and understanding of the theory underpinning behaviour change counselling approaches.
2. An ability to apply behaviour change counselling techniques in one-to-one behavioural support interactions.
3. An ability to identify, critique, and improve the use of behaviour change counselling techniques in one-to-one behavioural support interactions.

Evaluation Criteria and Grading:

All online submissions are due by 5pm PT on the due date

Assessment method	% of grade	Details & Dates
Practice Session Participation	10%	Attendance and participation (n = 10)
Midterm Exam	25%	February 26 th
Reading Quiz	10%	March 25 th
Assignment #1: Recordings, Transcriptions, & Reflections	5%	<u>Recordings Dates:</u> <ul style="list-style-type: none"> • Jan 8th, Feb 6-12th, Mar 19-25th <u>Transcripts and Reflections Due:</u> <ul style="list-style-type: none"> • Jan 18th, Mar 7th, April 18th
Assignment #2: Transcript Coding	15%	Transcript 1 & 2: March 18 th Transcript 3: April 18 th
Assignment #3: Quick Pitch Video	20%	April 10 th
Assignment #4: Critical Reflection	15%	April 19 th

Grading Scheme:

Percentage (%)	Letter Grade
90 - 100	A+
85 - 89	A
80 - 84	A-
76 - 79	B+
72 - 75	B
68 - 71	B-
64 - 67	C+
60 - 63	C
55 - 59	C-
50 - 54	D
0 - 49	F (Fail)

Required Text and/or readings:

You will be required to purchase one textbook for this course:

Available from: Campus Bookstore or the [Guilford Website](#)

Miller, William R., and Stephen Rollnick. *Motivational interviewing: Helping people change and grow*. Guilford press, 2023.

In addition, you will be asked to read a series of academic articles and create an Annotated Bibliography. The readings can be accessed through the UBC Library Online Course Reserves link in Canvas or directly here: They may be accessed via the 'Library Online Course Reserves' link in Canvas, or directly here: <https://courses.library.ubc.ca/c.VGKjNL>. Citations for each reading are provided in the 'Tentative Course Timetable'.

Recommended Readings & Online Resources

Below is a list of additional resources. Purchasing or participating with these materials is not required but these resources may help with professional development.

- 1. Rosengren, David B. *Building motivational interviewing skills: A practitioner workbook*. Guilford publications, 2017.**
- 2. Organizations of Interest**
 - National Centre for Smoking Cessation & Training: www.ncsct.co.uk
 - MINT: <http://www.motivationalinterviewing.org/>
 - Centre for Collaboration, Motivation and Innovation: www.centrecmi.ca/

Lecture and Lab Attendance:

All guest lecture/webinar attendance is mandatory. Practice session attendance and participation is mandatory (1% per tutorial). The text and/or notes, other resources are easily accessible at any time, but it is impossible to duplicate the discussion, activities, challenge, and interaction that takes place in the classroom.

Tentative Course Schedule:

Available through Canvas.

Expectations:

As your instructors, we expect punctuality, effort, professional conduct and work, and respect for your classmates, instructors, and yourself. You can expect the same from us. Given the personal nature of this class, we expect that you will respect the confidentiality of your classmates.

As we are all lifelong learners, we will strive to make the class an optimal learning environment for everyone. This can be facilitated by your communication with us, throughout the entire course, about positive and negative components of the class.

AI Tools:

Students are permitted to use artificial intelligence tools, including generative AI, to gather information, review concepts or to help produce assignments. However, students are ultimately accountable for the work they submit, and any content generated or supported by an artificial intelligence tool must be cited appropriately. Use of AI tools is not permitted during the midterm exam or reading quiz in this course.

Course Policies:

Refer to the School of Health and Exercise Sciences Undergraduate Policies document on Canvas. Please refer to the UBC academic calendar for full details on all UBC's academic policies. You are responsible for being familiar with all policies as they apply to you and your situation. We also expect that as a future health professional you will uphold the highest standards of ethics and academic integrity and will not violate the UBC Academic Honesty and Standards Policy. At the same time, we want to support you as best as possible to succeed. There are many resources at UBC Okanagan so never hesitate to reach out.

Student Service Resources

UBC Okanagan Disability Resource Centre

The Disability Resource Centre ensures educational equity for students with disabilities and chronic medical conditions. If you are a person with a disability, an injury, or illness and require academic accommodations to meet the course objectives, please contact the Diversity Advisor for the Disability Resource Centre located in the University Centre building (UNC 214).

UNC 214 250.807.9263

Web: <https://students.ok.ubc.ca/academic-success/disability-resources/>

UBC Okanagan Equity and Inclusion Office

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

UNC 216 250.807.9291

email: equity.ubco@ubc.ca

Web: <https://equity.ubc.ca/>

Health & Wellness

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians, and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

UNC 337 250.807.9270

email: healthwellness.okanagan@ubc.ca; Web: <https://students.ok.ubc.ca/health-wellness/>