Land Acknowledgement

I respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

School of Health and Exercise Sciences ~ Health and Exercise Sciences 331
Motivational Interviewing

Faculty: Faculty of Health and Social Development
Department: Health and Exercise Sciences
Instructor(s): Patrick Dessaulles
Instructor(s) Email: email through Canvas only I will check on Wednesday and Friday
Teaching Assistants: Parres Holliday (parres.holliday@ubc.ca, Gerald Tan (gerald.tan@ubc.ca)
Allow 2 business days for a reply
Delivery Modality: In-Person lectures and labs; asynchronous content
Course Location(s): ART 386 (lecture); ART 281 (lab)
Course Days: Mondays
Class Hours: 2:00 pm – 5:00 pm PT
Office hours: Upon request

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.

Course Structure

- **Synchronous In-Person Practice:** Mondays 2:00 pm – 5:00 pm PT ART 214.
- **Asynchronous Lectures:** Content uploaded Thursdays by 12 pm PT.

Course Overview, Content and Objectives

This three-credit course will provide an in depth understanding of one approach used behaviour change counselling called 'Motivational Interviewing'. We will explore how motivational interviewing integrates with the broader field of behavioural science and counselling. By the end of the course, I aim to ensure that you have the knowledge and skills to discuss and support 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, watch, and engage with the assigned material before coming to class. You may be asked to do short assignments to prepare for the mandatory synchronous lab practice

sessions. Attendance and engagement in the practice sessions will be counted towards your participation grades.

I will share many of my 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 discussions more energetic and interesting. I encourage you to respectfully share your opinions and disagreements; your thoughts can lead to interesting conversations that enhance course material. I hope this course is an enjoyable, valuable and memorable learning experience!

Learning Outcomes or Objectives

After taking this course, students will have:

1. *An in-depth knowledge and understanding of the theory underpinning motivational interviewing.*

2. *An ability to apply motivational interviewing counselling techniques in one-to-one behavioural support interactions.*

3. *An ability to identify, critique, and improve the use of motivational interviewing counselling techniques in one-to-one behavioural support interactions.*

Learning Materials

You will be required to purchase the FOURTH EDITION of the Motivational Interviewing textbook which is available through the UBC Bookstore:

- Miller, William R., and Stephen Rollnick. FOURTH EDITION: Motivational interviewing - Helping people change and grow – Fourth Edition. Guilford press, 2023.

You will also have additional articles and readings which will be available via the 'Tentative Course Schedule' and each Canvas module under the 'readings' section. In this section you will find citations for all of the required readings and assigned videos/content that are freely available.

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/

Methods of Assessment

Description of Assessment	Learning Outcomes	% of Grade	Due Date
Lab Practice Sessions • Attendance at 8/9 lab practice sessions	1, 2, 3	10%	Ongoing
Midterm Exam • Textbook, asynchronous, lecture and practice content (Jan 6 - Feb 10) • Article 1 – 9 not tested	1, 3	25%	March 2nd
Reading Quiz • Article 1 – 9 tested	1	5%	March 23rd
Assignment #1: Recording, Transcripts & Reflections	2, 3	15%	Recording 1 • Recording: January 5th (in class) • Transcript & reflection: January 19th Recording 2 • Recording: February 9th (own time) • Transcript & reflection: February 23rd Recording 3 • Recording: April 6th (in class/zoom) • Transcript & reflection: April 21st
Assignment #2: Transcript Coding	3	20%	Transcript 1 &2: 10% • March 30th • Marked for completion Transcript 3: 10% • April 21st • Marked for accuracy
Assignment #3: Critical reflection	1, 2, 3	25%	April 21st

Course Policies:

Please 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.

I 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.

Lecture and lab practice attendance

Attendance for lab practice sessions 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.

Missed participation policy

Participation in at least 8 of 9 lab practice sessions is mandatory and counts towards your participation grade. If you are going to miss more than one practice session and do not want to lose grades, you should speak to me 2 works days prior to the class and we will discuss assigning additional work for you to do to make up the lost learning and participation grades.

Due Dates & Late policy

This course utilizes a flexible, equitable late policy to accommodate the unpredictable nature of academic and personal life while respecting the need for timely feedback and grading.

A. Policy for Individual Assignments (Non-Group Work)

- *Grace:* For each assignment, each student is automatically granted a 2-day grace period (48 hours). There is no request required - You do not need to ask the instructor for permission, provide documentation, or explain why you are using these days.
- *How to Use:* Simply submit your assignment late on Canvas.
- *Standard Late Penalty:* Once your 2 Grace Days have passed, subsequent late submissions will incur a **10% deduction per day** late.

B. Policy for Group Assignments

- Due to the collaborative nature of these deliverables, Group Assignments **are excluded** from the grace day and follow a formal extension process:
- *Extension Request:* Groups may formally request an extended deadline. This request must be submitted by the group spokesperson to the instructor **at least** ***7 working days*** prior to the original due date.
- *Instructor Approval:* If the extension is approved, the new date becomes the official deadline.
- *Late Penalty (Post-Extension):* Once the approved deadline has passed, or if no extension was requested/granted, the group must follow the general HES policy for further extensions or will be subject to a 48-hour grace period and a ***10% deduction per day*** late.

Exclusions: This flexible late policy does not apply to Mandatory synchronous activities (e.g., mandatory attendance in practice sessions) or the Midterm.

Every student receives one 'grace' for a missed practice session. For the midterm, students should use SHES Self Declaration Form.

Learning Materials

All learning materials for this course are mandatory and are required to be completed *before* the associated synchronous session (lecture or practice).
The course utilizes openly accessible resources to ensure students are not required to purchase textbooks:

- Academic Articles & Core Readings: All required academic articles are accessible through the UBC Library. No direct purchase is necessary.
- Multimedia & Public Documents: Supplementary videos (e.g., YouTube) and public documents (e.g., national guidelines) will be provided via direct links.
- Accessing materials: A detailed asynchronous content and reading list, including links and titles, is posted on the Course Schedule and the main Canvas course page.

UBC Values

UBC creates an exceptional learning environment that fosters global citizenship, advances a civil and sustainable society, and supports outstanding research to serve the people of British Columbia, Canada, and the world. UBC's core values are excellence, integrity, respect, academic freedom, and accountability.

Policies and Regulations

Visit UBC Okanagan's Academic Calendar for a list of campus-wide regulations and policies, as well as term dates and deadlines.

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course. Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar.

Use of AI Tools

The use of generative Artificial Intelligence (AI) tools (such as ChatGPT, Gemini, Co-pilot etc.) is permitted and, in some contexts, encouraged in this course to help you clarify concepts, brainstorm ideas, and draft outlines—mirroring their growing role in professional KT

environments. However, their use must be transparent, ethical, and mindful. Please note that at this time, Microsoft Copilot is the only generative AI tool officially approved by UBC for student use, as it meets the university's privacy and security standards when logged in with your UBC credentials.

A. Transparent Use (Mandatory Appendix)

- If you use an AI tool to generate any content, ideas, code, or structure that directly informs your submitted work, you must document this transparently.
- Appendix Requirement: You must include a dedicated Appendix: Use of Generative AI at the end of your assignment, located immediately before your Bibliography/Reference List.
- Content of Appendix: This appendix does not count toward word limits. For each instance of use, you must list:
    - Tool Used: (e.g., ChatGPT-4, Gemini).
    - Purpose: (e.g., "Used to brainstorm barriers for the Needs Assessment section").
    - Prompt(s): The specific prompt(s) you entered.
    - Modification: A brief sentence on how you modified or verified the AI's output (e.g., "I verified the barriers against the TDF literature and rewrote the descriptions to fit the specific target audience.").

B. Ethical and Mindful Use (Expectation)

- Original Thought: AI-generated content is not a substitute for your own critical analysis, synthesis of course concepts, or specific application of the Knowledge-to-Action (KTA) framework. You are responsible for the accuracy and originality of all submitted work.
- Integrity: Submitting work entirely generated by AI without significant modification or transparency is considered a breach of academic integrity.
- Data and Privacy: Be aware that information you enter into AI tools is not private. Do not input confidential information or course materials into these systems.

Academic Misconduct

The academic enterprise is founded on honesty, civility, and integrity. Violations of academic integrity (i.e., academic misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred for consideration for academic discipline. Careful records are kept to monitor and prevent recurrences. Any instance of cheating or taking credit for someone else's work, whether intentionally or unintentionally, can and often will result in at minimum a grade of zero for the assignment, and these cases will be reported to the Head of the Department and Associate Dean Academic of the Faculty.

Student Service Resources:

Walk-In Well-Being Clinic

The Walk-In Well-Being clinic offers no-fee, brief, single-session psychological services. Sessions are led by a doctoral student in clinical psychology and supervised by a registered psychologist

(UBCO Faculty member). Clinicians can provide support with stress management, sleep, self-care, depression, anxiety, interpersonal issues, substance misuse, coping with academic demands/stressors, and provide options for connecting to additional resources. Virtual or in-person sessions are available at the UBCO Psychology Clinic, located in ASC 167 with or without an appointment, on Tuesdays and Thursdays between 10 am and 3 pm from September to June, excluding campus closures.
UNC 337 250.807.8421 (ext. 1)
Email: ipc.ok@ubc.ca
Web: https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/

Student Supports, Resources & Campus Services

Visit the Student Support and Resources page to find one-on-one help or explore resources to support your experience at UBC Okanagan, as well as many other campus services available to all students.

Advising Options

Visit the Advising Options page to find out about the variety of advising options available to students including but not limited to academic, career and accessibility.

Safewalk

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at 250-807-8076.
Web: www.security.ok.ubc.ca