



Center for Strength-Based Strategies

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“Motivational Interviewing Trainer - Wyoming Protocol™”

This is an information sheet published by the Michigan-based, Center for Strength-Based Strategies regarding the instruction and preparation of agency/organization staff to become Motivational Interviewing trainers and coaches.

In 2007, the Motivational Interviewing Network of Trainers (MINT) gave their consent for interested MINT members to begin develop a "second circle" of trainers. After gaining the status of an “evidence-based practice” as designated by the SAMSHA Registry of Evidence-based Programs and Practices, the need to bring more trainers on board was evident. The MINT organization has done an admirable job but could not produce enough MINT trainers to keep up with the spiral of interest in Motivational Interviewing (MI). Our Center became one of the leaders in the United States for the instruction of MI trainers and coaches. Currently, there are over 200 Wyoming Protocol™ MI Trainers, located across 18 states.

In the MI field, available to anyone who wishes to train/coach Motivational Interviewing, there are at present, three assignments for trainers and coaches:

1. “MINT” status, which can only be granted by the Motivational Interviewing Network of Trainers (MINT)
2. “Wyoming Protocol™ – Motivational Interviewing Trainer” which can only be granted by following the MI trainer/coach protocol as published by the Michigan-based, Center for Strength-Based Strategies
3. “Motivational Interviewing Trainer”

We have claimed trademark rights to this status (“Motivational Interviewing Trainer - Wyoming Protocol™”) and have applied to the United States Patent and Trademark Office (USPTO) a division of the US Department of Commerce for a trademark registration of a *standard character format* to register this protocol with the USPTO. We now serve notice to the public of our claim of ownership of to this mark.

Your receipt of this information sheet is due to your request to complete this rigorous Wyoming Protocol.™ We welcome your request and look forward to working with you as you seek to gain this status for your trainer candidates. MINT trainers can use our protocol and issue the status of the “Motivational Interviewing Trainer - Wyoming Protocol™” if they have our Center’s permission from a demonstrated adherence to this protocol. Permission *is free of charge* but will be dependant on whether they have followed and completed this rigorous training protocol. We want others to freely use this protocol but have now taken legal steps to ensure these quality standards are both met and maintained.

Requirements for Motivational Interviewing Trainer - Wyoming Protocol™

1. 12 hours of MI training (MI-1 Introduction) taught by a member of the Motivational Interviewing Network of Trainers (MINT) or by a Motivational Interviewing Trainer – Wyoming Protocol™
2. Break for field practice –
(Before or during this training period, application completed to the CSBS and your initiative’s training protocol is authorized)
3. 12 hours of advanced MI training (MI-2 Advanced) taught by a member of the MINT or by a Motivational Interviewing Trainer – Wyoming Protocol™
4. At some point in this training process, a selection of likely candidates by management/supervision to enter the coding process. This involves:
 - a. Voluntary entry. Staff should not be mandated to take part
 - b. Based on a candidate possessing innate talents for client-centered work and interest/energy for practicing MI
 - c. Based on candidate possessing personality characteristics that enable and assist the skill sets needed for stand up training and/or small group coaching.
 - d. Manager’s “selection criteria form” available from the CSBS
5. Digital audio taping of live sessions – 20 mins. of the total practice sample is coded – 1 to 5 tapes submitted, coded with the MITI 3.0 metric for grading of Motivational Interviewing.
6. MITI results must be received-discussed from tape coding before any next tape is submitted. This includes a 20 minute telephonic coaching session with the MINT coder on tape results – practice issues. Tape submission can stop once necessary competency is attained and the candidate can then be placed in the train-the-trainer selection pool.
7. Selection for inclusion in the train-the-trainer session based on demonstration of proficiency in MI from tape reviews and other relevant information/observations of the applicant.
8. Train-the-Trainer session (12 to16 hours) that includes the development and delivery of MI modules to a simulated classroom with grading and feedback. Module(s) for delivery are randomly assigned on the first morning of the train-the-trainer session.
9. Optional: Booster Training for MI Trainers (curriculum review and further skills development for training cadre)
10. Optional: 12 hours of Coding and Coaching Training
11. Optional: Training for Supervisors / Management in supportive policy, procedures and practice efforts for Motivational Interviewing as well as organizational sustainability issues.