

**SYLLABUS**

# **Motivational interviewing**

## **7.5 credits S0021H**

**Motiverande samtal**

**Course syllabus admitted: Autumn 2023 Sp 1 - Present**

DECISION DATE  
**2022-02-11**

# Motivational interviewing 7.5 credits S0021H

## Motiverande samtal

### First cycle, S0021H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG *	Hälsopedagogik	Education

## Entry requirements

In order to meet the general entry requirements for first cycle studies you must have successfully completed upper secondary education and documented skills in English language and Total of 60 credits in the fields behavioural science, education, social sciences and/or the field of health care.

## Selection

The selection is based on 1-165 credits.

## Course Aim

Upon completion of the course, the student will, in the context of current laws and regulations, and with a scientific and ethical approach, meet the following objectives related to the course content:

1. Apply motivational interviewing in the own professional field in order to guide people in change processes.
2. Describe and reflect on theoretical starting points that support the personcentred perspective.
3. Justify the choice of situations in the own professional field where it is appropriate to use motivational interviewing.
4. Reflect on the application of motivational interviewing in relation to ethical aspects.
5. Reflect on their own readiness to apply motivational interviewing.

## Contents

- Theoretical foundations of motivational interviewing
- Motivational interviewing in relation to a person-oriented perspective
- Ethical aspects of motivational interviewing
- Methodology for application of motivational interviewing

## Realization

Each course occasion's language and form is stated and appear on the course page on Luleå University of Technology's website.

The course is entirely online and is conducted in optional study groups via Zoom. The study group carries out compulsory study tasks at optional times. 3 compulsory meetings of 4 lessons per day with the teaching staff. Continuous resource time with course leader during the day via Zoom is offered for active learning. Computer literacy and access to Internet connection, headset and webcam are required to complete the studies.

The course is based on a pedagogical approach in which meetings and exchanges of opinion between people are the focus. The course aims to develop conversational skills that can only be practised through interaction and exchange of experience with others.

The course content is worked on through recorded lectures, literature studies, group work, methodological assignments, supervision by the teacher in charge and seminar. Course requirements are compulsory attendance and active participation in the completion of study assignments and seminars

## Examination

If there is a decision on special educational support, in accordance with the Guideline Student's rights and obligations at Luleå University of Technology, an adapted or alternative form of examination can be provided. For a passing grade in the course, the student must have achieved the course objectives through the following examinations:

Objective 1 is examined via compulsory study assignments and assessment of conversational skills in recorded motivational interviewing.

Objectives 2-5 are examined via written individual report and seminar.

Grading criteria for G and VG are presented in the digital study guide, Canvas

## Unauthorized aids during exams and assessments

If a student, by using unauthorized aids, tries to mislead during an exam or when a study performance is to be assessed, disciplinary measures may be taken. The term "unauthorized aids" refers to aids that the teacher has not previously specified as permissible aids and that may assist in solving the examination task. This means that all aids not specified as permissible are prohibited. The Swedish version has interpretative precedence in the event of a conflict.

## Remarks

The course is given at undergraduate level. Study guides are presented in digital form in the learning platform Canvas.

## Overlap

The course S0021H is equal to A0056H, H0009H

## Course offered by

Department of Health, Education and Technology

## Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0010	Motivational interviewing and its applied interviewing skills	U G#	4	Mandatory	A22	
0011	Application of motivational interviewing in one's own professional field in order to guide change processes.	U G VG *	3.5	Mandatory	A22	

## Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2022-02-11

## Syllabus established

by Prefekt 2008-05-30