

# Motivational Interviewing Practice Lab: Engaging, Evoking, and Supporting Change in Gambling

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**Methods & Materials:** MI Skill Reminder and Observation Worksheets, Didactic Lecture, Small and Large Group Exercises, Large Group Discussion

## Objectives

1. Describe the purpose, challenges and adaptations of Motivational Interviewing (MI) when applied to gambling disorders.
2. Demonstrate MI skills in real time, including the delivery of evocative open-ended questions, complex reflections, strategic summaries, and eliciting and reinforcement of change talk within gambling-specific contexts.
3. Apply MI's differential strategies with clinical intentionality to systematically strengthen change talk and soften sustain talk in gambling scenarios.
4. Utilize structured assessment worksheets (MI skill and client response) and peer observation to provide real-time feedback to refine MI proficiency, responsiveness, and intervention fidelity.

## Program Description

Moving from understanding Motivational Interviewing (MI) to executing it with fluid, high-fidelity precision requires deliberate practice. This intensive, 3-hour, intermediate to advanced skills lab is designed specifically for practitioners who already possess a baseline knowledge of MI and want to elevate their clinical intentionality. Shifting away from lecture, this session functions as a live practice incubator where participants will actively navigate the complex presentations characteristic of gambling disorder.

Participants will engage in real-time application of MI skills, testing their ability to deploy skills under the guidance of structured coaching. The lab focuses heavily on the provider's role as a dynamic catalyst, challenging you to purposefully employ evocative open-ended questions, execute complex reflections, strategically time summaries to systematically soften sustain talk while amplifying change talk. Through live practice scenarios, peer observation, and immediate feedback loops, you will learn to dynamically adjust your clinical stance, pacing, and focus to match shifts in client readiness. Come prepared to practice with real-life examples and challenges, ready to receive constructive feedback, and sharpen your proficiency in conversations that invite change.

**Eligible for 3 CEUs from the Ohio Chemical Dependency Professionals Board (OCDPB)**