HLTH 148: MOTIVATIONAL INTERVIEWING IN HEALTHCARE

In Workflow

1. HHS College Committee Chair (andrea.becker@csus.edu)
2. HHS Dean (sac19804@csus.edu)
3. Academic Services (catalog@csus.edu)
4. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
5. Dean of Undergraduate (gardner@csus.edu)
6. Dean of Graduate (cnewsome@skymail.csus.edu)
7. Catalog Editor (catalog@csus.edu)
8. Registrar's Office (k.mcfarland@csus.edu)
9. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. Wed, 19 Feb 2025 05:12:12 GMT
   Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
2. Wed, 19 Feb 2025 05:22:04 GMT
   Robert Pieretti (sac19804): Approved for HHS Dean

New Course Proposal

Date Submitted: Tue, 11 Feb 2025 01:22:04 GMT

Viewing: HLTH 148 : Motivational Interviewing in Healthcare
Last edit: Wed, 19 Feb 2025 05:11:57 GMT

Changes proposed by: Andrea Becker (101053364)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Andrea Becker	andrea.becker@csus.edu	916-278-2637

Catalog Title:
Motivational Interviewing in Healthcare

Class Schedule Title:
Motivational Interviewing

Academic Group: (College)
HHS - Health & Human Services

Academic Organization: (Department)
Health & Human Services

Will this course be offered through the College of Continuing Education (CCE)?
Yes

Please specify:
CCE and Stateside

Catalog Year Effective:
Spring 2026 (2026/2027 Catalog)

Subject Area: (prefix)
HLTH - Health

Catalog Number: (course number)
148

Course ID: (For administrative use only.)
TBD

Units:
3

Is the ONLY purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?
No

In what term(s) will this course typically be offered?
Fall, Spring, Summer

Does this course require a room for its final exam?
No, final exam does not require a room

Does this course replace an existing experimental course?
No

This course complies with the credit hour policy:
Yes

Justification for course proposal:
The purpose of this course is to teach students how to use Motivational interviewing, which is a proven, patient-focused technique that fosters collaboration, builds trust, and helps patients navigate behavioral changes related to their health, such as managing chronic conditions, improving lifestyle choices, or adhering to treatment plans. By learning motivational interviewing, students will develop the ability to engage patients in meaningful conversations that enhance motivation and self-efficacy, which are key factors in promoting long-term health outcomes. This course will also enhance students' empathy and interpersonal skills, making them more effective in diverse healthcare settings, and preparing them to better support patients in making informed, sustainable health decisions.

Course Description: (Not to exceed 90 words and language should conform to catalog copy.)
This course introduces students to Motivational Interviewing (MI) in healthcare settings, with a focus on practical skills, theoretical foundations, and ethical considerations. Students will develop the tools to use this client-centered, directive method for enhancing patients' intrinsic motivation in various healthcare contexts.

Are one or more field trips required with this course?
No

Fee Course?
No

Is this course designated as Service Learning?
No

Is this course designated as Curricular Community Engaged Learning?
No

Does this course require safety training?
No

Does this course require personal protective equipment (PPE)?
No

Does this course have prerequisites?
No

Does this course have corequisites?
No

Graded:
Letter

Approval required for enrollment?
No Approval Required

Course Component(s) and Classification(s):
Lecture

Lecture Classification
CS#02 - Lecture/Discussion (K-factor=1WTU per unit)
Lecture Units
3

Is this a paired course?
No

Is this course crosslisted?
No

Can this course be repeated for credit?
No

Can the course be taken for credit more than once during the same term?
No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Identify the core principles and spirit of motivational interviewing.	Exams Discussions
2	Apply motivational interviewing techniques to enhance patient communication and encourage behavior change.	Exams Motivational Interviews
3	Demonstrate proficiency in engaging others in discussions about health behavior change.	Exams Motivational Interviews
4	Analyze and address ambivalence in patients' readiness to change.	Exams Motivational Interviews
5	Reflect on their role and impact as a healthcare professional using motivational interviewing in practice.	Motivational Interviews
6	Recognize the ethical considerations of motivational interviewing in diverse healthcare settings.	Exams Discussions

Attach a list of the required/recommended course readings and activities:
HLTH_148_Motivational_Interviewing_Healthcare_Syllabus.pdf

For whom is this course being developed?
Majors in the Dept

Is this course required in a degree program (major, minor, graduate degree, certificate?)
Yes

Has a corresponding Program Change been submitted to Workflow?
Yes

Identify the program(s) in which this course is required:

Programs:
BS in Health Science

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?
No

Will there be any departments affected by this proposed course?
No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.
I/we agree

Attach Accessibility Checklist: (Optional at submission. Fulfills requirement to file with Dean's office.)
HLTH_148_Course-accessibility-checklist.pdf

University Learning Goals

Undergraduate Learning Goals:
Competence in the disciplines
Knowledge of human cultures and the physical and natural world
Intellectual and practical skills
Personal and social responsibility
Integrative learning

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?
No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?
No

Key: 15279