

Online Interactive Learning

Motivational Interviewing: The Basics

About this Training:

- This will be a small group (10-12) highly engaging and interactive experience. Motivational Interviewing is a client-centered, evidence-based directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This training will discuss this effective approach provide participants with an opportunity to explore creative ways of integrating these approaches into an effective therapeutic intervention. This online facilitated training will be an interactive experience for a multi-disciplinary audience. Participants will engage in experiential methods such as information exchange, listening to recordings, group discussions, paired skills practice, and self-reflective exercises.

Audience:

- Social workers, healthcare professionals, recovery coaches, counselors, and workers who have direct interactions with the people we serve.

Objectives:

- Learn the fundamentals of Motivational Interviewing (MI) spirit, structure & skills
- Explore ambivalence as a barrier to change
- Learn and practice MI on “challenging” people through role playing and discussion

Details:

- September 17 & 18, 2020, 10am - 2pm Eastern Time (USA)
- Four one-hour follow-up sessions with the trainer, the next four Thursdays at 10am
- Continuing Education Contact Hours: 11
- Cost: \$175/person, includes 16 weekly follow-up emails reinforcing the concepts

Stephen R. Andrew LCSW, LADC, CCS, CGP

“Storyteller”, trainer, author, therapist, community organizer, and CEO (Chief Energizing Officer) of Health Education & Training Institute (www.hetimaine.org), Stephen maintains a compassion-focused private practice in Portland, Maine USA and facilitates a variety of support groups: men’s, women’s, co-ed, and caregivers groups. He presents workshops for social service agencies, substance use and misuse workers, and other groups on adolescent and adult addiction, motivational interviewing, trauma, men's issues, and group work. He is a member of the International Motivational Interviewing Network of Trainers (MINT).



Details & Registration: <https://www.hetimaine.org/mi-basics>



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