

# Online Interactive Learning

## Motivational Interviewing: The Basics

### About this Training:

This will be a small group, 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:

- November 9 & 10, 2020, 10am - 2pm Eastern Time (USA)
- Two two-hour follow-up sessions with the trainer, the next two Mondays at 9am
- Continuing Education Contact Hours: 11
- Cost: \$175/person, includes 16 weekly follow-up emails reinforcing the concepts

### Angelina Moore Maia, PhD, RD, LD

A member of the Motivational Interviewing Network of Trainers (MINT) since 2016, she is a behavioral nutritionist and has practiced both clinical and outpatient dietetics in Maine and Boston. Angelina completed her PhD in Food and Nutrition Sciences at the University of Maine with a research focus on childhood obesity and motivational interviewing. Research interests include motivational interviewing and promoting nutrition-related behavior change. Angelina is currently the Assistant Director of Graduate Programs in Applied Nutrition as well as Adjunct Faculty for the College of Graduate and Professional Studies at the University of New England.



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



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