



Motivational Interviewing Training Series

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Introduction to Motivational Interviewing (MI)

July 7-8th, 2015 - \$450

This 2-day intensive workshop will introduce participants to the principles, processes, and skills associated with motivational interviewing. Participants will be guided through a sequence of learning activities to explore and shape their own behavioral change practices to be more in line with MI. Learning activities will include: real-life demonstrations, video-tape examples, “real-plays,” case studies, and small group exercises, with plenty of opportunities for participant practice with feedback. This workshop is appropriate for helping professionals with no prior or minimal to moderate exposure.

Intermediate/Advanced MI

October 22-23rd, 2015 - \$450

This 2-day intensive workshop is devoted to deepening MI learning and skills. Workshop participants will have previous MI training and practice in applied settings. The workshop will focus on deepening and varying reflective listening skills, as well as growing eliciting and responding to change talk skills, change planning, and dancing with discord. Participants will be supported to develop learning plans and objectives for ongoing MI practice and growth.

Coaching & Structured Feedback

Flexible Scheduling - \$450

This set of activities is designed to support the learner in practicing and building the basic skills learned in the beginning training. Both individual coaching and MI-based feedback have been shown to facilitate skill development. Each learner will receive three coaching sessions along with three evaluations. The coaching is typically done telephonically and involves practicing specific skills and strategies. The MI-based feedback is provided by a faculty evaluation of recorded sessions that may be with real clients or with other learners, using the Motivational Interviewing Treatment Integrity (MITI) 4.1 coding system. The learner receives the actual coding results, as well as suggestions for ongoing practice and improvement. The timing and scheduling of the activities will be negotiated between the coach and the learner.

All held in beautiful Portland, Oregon at Portland State University

Only \$1,200 for Complete Series or Purchase Individually

Limited to 30 participants—register TODAY!



Denise Ernst, Ph.D.
MI Training and Consulting

DeniseErnst.com

WahabTraining.com



STÉPHANIE WAHAB
MOTIVATIONAL INTERVIEWING
training and consulting

More about the MI Training Series

with Dr. Ernst and Dr. Wahab

Introduction to MI Workshop - Learning Goals

1. Describe the “spirit,” key principles and four processes of Motivational Interviewing (MI)
2. Critically engage MI demonstrations via videos and live examples
3. Demonstrate and practice the spirit and primary skills associated with MI, with specific attention to evoking change talk
4. Become familiar with the range of skills used in MI to engage with clients, focus the scope of the work, evoke change talk, dancing with discord and negotiate a change plan

Intermediate/Advanced MI - Learning Goals

1. Explore new materials from the MI-3
2. Deepen OARS skills
3. Deepen your ability to recognize, elicit, and respond to change talk
4. Grow your dancing with discord skills
5. Learn strategies for if, when, how to initiate a change plan with a client
6. Learn how to grow MI skills

Coaching & Structured Feedback - Goals

1. Ongoing assessment of skill level with a highlighting of strengths and growth
2. Active practice with the MI skills and strategies targeted toward the individual learner
3. Continued deepening of MI skills

Target Audience

These trainings are appropriate for helping professionals in the role of supporting individuals to make and sustain behavior changes: social workers, physicians, nurses, health educators, care managers, dieticians, counselors, psychologists, life coaches, clergy, probation/corrections officers, personal trainers, school counselors, etc.

What’s included in the Workshops (Intro. to MI, Intermediate/Advanced MI)

- 14 hours of high-level training
- Coffee Breaks/Light Snacks
- University venue with local food carts within walking distance
- 13 Social Work CEUs (6.25 and 6.75 Hours)

Daily Schedule

8:30am-4:30pm; Lunch: 12:00-1:15pm

Training Location - Portland State University

Smith Memorial Student Union, Cascade Room 236
1825 SW Broadway, Second Floor

- Located in the heart of downtown Portland in the middle of campus. (See map on next page.)
- Easily accessible via public transportation, with a host of nearby accommodations and restaurants.

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