



2022 Annual Conference on Motivational Interviewing

Keynote Speaker:
Professor William Miller
co-founder of
**Motivational
Interviewing**

Cost: \$99.00 includes lunch

Register now at:

[https://tinyurl.com/](https://tinyurl.com/Registration-MI-2022)

Registration-MI-2022

Conference sponsored by the
Motivational Interviewing
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Guest Presenters:

Iga Jaraczwska: Challenges of reaching out to refugees

Colleen Marshall: Motivational Interviewing for Leaders

Sylvie Naar: A Taste of Motivational Interviewing with Adolescents and Emerging Adults

Jesse Rutschman: Using MI to Facilitate Developing Mindsets in College Students

Sarah Suzuki: *"Who cares if I'm white?"* A Motivational Interviewing Approach to Address White Racial Colorblindness

October 17, 2022

Time 10:00 am – 4:00 pm (Lunch included)

Northeastern University
Plenary - Auditorium Building E
Workshops - Student Union
500 North St. Louis Avenue
Chicago, Illinois 60625-4699



Professor William Miller - On Second Thought: How Ambivalence Shapes Your Life

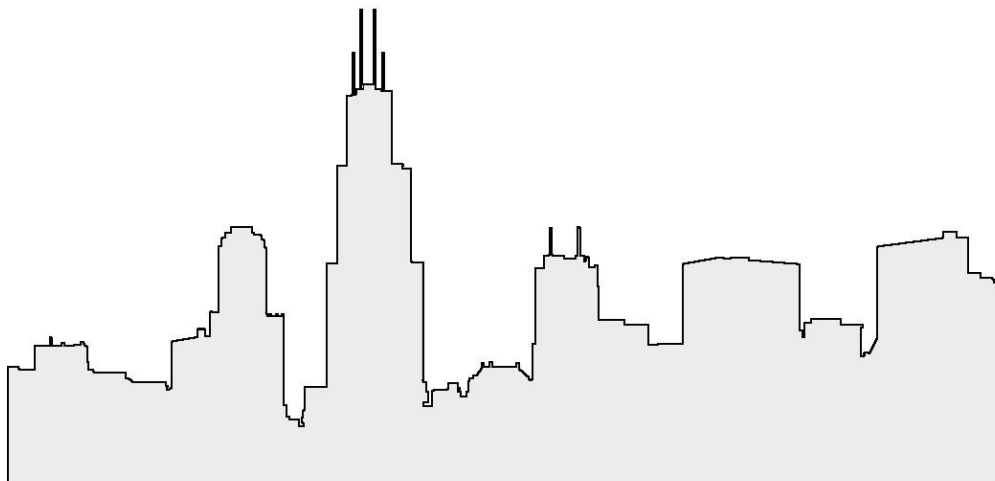
Professor William Miller will guide you on a journey through the fascinating world of human ambivalence. What is it? Did you know that it comes in four flavors? How do you recognize it in speech? Can you be ambivalent without realizing it? How does it affect us? Why does it frustrate our attempts to persuade others? How can you get unstuck from ambivalence? And when should you accept and embrace it?

Dr. William R. Miller is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. Fundamentally interested in the psychology of change, his publications include over 60 books and 400 professional articles and chapters. He introduced and co-developed the widely used method of motivational interviewing and has received numerous awards for his contributions to the science of addiction treatment. He has also been writing books for the general public on topics such as lovingkindness, listening, adoption, ambivalence, and hope.

Iga Jaraczwska - Challenges of reaching out to refugees

Since the beginning of the Russian war in Ukraine a group of Polish MI practitioners based at the AMIE School of CBT/ MI in Warsaw has organized a series of training sessions for professionals and volunteers working with refugees. With over 3 million of refugees seeking help within the first months of war we faced an enormous task of how to help refugees reduce their distress caused by traumatic events (e.g. how to prevent depression and PTSD which are the two most common sequelae to trauma) and how to foster their short- and long-term adaptive functioning and coping.

But this situation is not unique for Poland. The statistical data are shocking: in the past decade, the global refugee population around the world has more than doubled. This situation is bringing us new needs and challenges. And – as always - it is not only what we do, it is the way that we do it. During the presentation some issues, such as empathic understanding, related to strengthening our clinical skills while trying to help refugees will be discussed and practiced.



Iga Jaraczewska - clinical psychologist, MINT certified trainer, chair of the Polish Association of Motivational Interviewing. CBT therapist and clinical supervisor (Polish Association of CBT). Works as a MI counselor to many organizations and uses MI with clients who wish to develop their personal and professional skills. She has published books, book chapters and articles on motivation, dependencies and communication in health care.

Colleen Marshall - Leaders of Change: Motivational Interviewing for Leaders

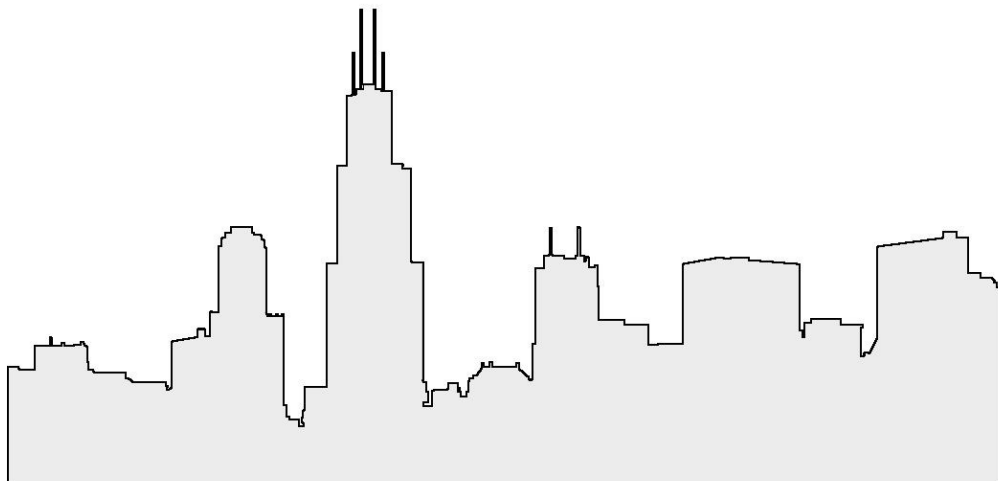
This workshop will focus on how leaders can adapt and apply the evidenced based approach of Motivational Interviewing (MI) to support change in their employees and organizations. Co-author Colleen Marshall will discuss the main elements from their new book and introduce attendees to the benefits and risks of using MI in leadership and supervisory roles.

Sylvie Naar - A Taste of Motivational Interviewing with Adolescents and Emerging Adults

This workshop will review developmental challenges and opportunities associated with adolescence and emerging adulthood and their implications for Motivational Interviewing. The workshop will introduce how MI might be tailored to meet the unique needs of these developmental periods.

Jesse Rutschman - TRIO Research

You have your OARS, but where are you steering this boat? The college experience for first-generation and underrepresented student populations can be disorienting and isolating, as they grapple with ambivalence, doubt, imposter syndrome, and breakaway guilt. Understanding Motivational Interviewing's role in navigating vulnerable college students toward important psychological guideposts before and during college can make all the difference in their success. Research shows that developing a sense of belonging, purpose, growth mindset, and self-efficacy are all essential to college students' success.





"Sarah Suzuki - *“Who cares if I’m white?”* A Motivational Interviewing Approach to Address White Racial Colorblindness

The first step toward health equity is acknowledging how systems of oppression (e.g., systemic racism) lead to preventable health inequities rooted in social injustice. Dismantling systemic racism requires those with the most access, power, and privilege (white folks) to commit to collective solutions. But how can we begin to dismantle systemic racism when we are white? And what can white people do to help? This thought-provoking workshop will introduce participants to the seemingly innocent state of being known as “colorblindness” while identifying its harmful systemic and collective consequences. Participants will consider how developing a positive racial identity aligns with the Spirit of MI - particularly in locating personal responsibility inside the principle of mutuality. Participants will review a Four Processes approach and framework to address white ambivalence while supporting the development of a positive, anti-racist white identity.

If you have any questions please reach out to our Local Host
Committee at:
margo.bristow.mi@gmail.com

