**Introduction to Motivational Interviewing**

Introductory to Key Motivational Interviewing (MI) concepts. MI is a collaborative conversation style  
for strengthening a person’s own motivation and commitment to change.

In this 6-hour instructor-led workshop, participants will take part via a live webinar format (Zoom),  
watch videos, and engage in experiential exercises.

**Training Objectives**  
In this Introduction to Key Motivational Interviewing (MI) Concepts, participants will:

* Learn when to use MI or be in Equipoise
* Learn how ambivalence impacts behaviour change
* Be introduced to the Four processes of MI
* Be introduced to the Micro-skills (open questions, affirmations, reflections and summaries)

\*\*Participants will receive written materials and training link 1 week prior to the training.

Please note that participants would be required to have their video camera on throughout the training in order to receive a certificate of completion.

**Cost: $185 CAD**  
**Date and Time: January 19 & 20** // **9:00-12:00 (both days) Pacific Standard Time (PST)**

*Trainers for this course: Roxanne Sawatzky*