**Introduction to Motivational Interviewing & Trauma Informed Care**

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 15-hour instructor-led MI workshop, participants will take part via a live webinar format (Zoom), watch videos, analyze MI conversation, engage in experiential exercises and work and small and large groups. Participants will also receive 3 hours of Trauma Informed Care training.

**Training Objectives for Motivational Interviewing Training**

In this Introduction to Key Motivational Interviewing (MI) learning goals and objectives, participants will:

* Be able to define Motivational Interviewing
* Describe the guiding approach of MI
* Learn modalities used to explore client change and which are most effective
* Review the connection between Motivational Interviewing and Self-Determination Theory
* Explore roadblocks that reduce the likelihood of a client in moving forward
* Review characteristics that support growth and change
* Learn the Stages of Change
* Learn how ambivalence impacts behaviour change
* Learn to identify sustain talk, change talk and discord and how to navigate through each
* Learn and practice the relational and technical approaches within MI
* Learn the Four Motivational Interviewing processes [Engage, Focus, Evoke, Plan]
* Describe and practice use of OARS [focused listening skills] to avoid the Fixing Reflex

**Learning Goals of Trauma Informed Care Training**

In this 3-hour workshop participants will:

* Learn the various types of traumatic reactions and how they can show up in a variety of ways in those they encounter in their role
* Learn the 6 principles of Trauma Informed Care

\*\*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: $275/person CAD

Date and Time: May 7, 9, 14, 16, 21, 23 ??12:00-4:00 (both days) Central Standard Time (CST)

Trainer for this course: Roxanne Sawatzky