

The Focus Series

An Advanced Motivational Interviewing Online Training

Deepen your MI skills

Members of the Motivational Interviewing Network of Trainers, Onna Brewer, PhD, and Margo Bristow, MA, invite you to participate in a live, interactive, online training series with us.

We'll consider how our clients, and we as helpers, navigate these changing times, from altered daily habits to our increasing use of technology and experiencing uncertainty in many forms.

We'll emphasize how deepening our understanding and practice of MI through its four processes and integrating MI with other clinical interventions may help us live with and promote greater compassion and adaptive habits.

- Audience: Clinicians and helping professionals with at least a basic background in Motivational Interviewing. Supervisors and trainers also welcome!
- Live, online, four-part training series of 3 hours each, with breaks
- Each part is designed as a standalone training event
- Registration discount when you sign up for the complete series!
- NBCC CE application under review

Part 1, Thu Jul 23 at 11am EST:
Finding the Focus with Agenda Mapping

Part 2, Thu Jul 30 at 11am EST:
Adaptive Habits & Behavior Change in Challenging Circumstances

Part 3, Thu Aug 6 at 11am EST:
Compassion & Blending MI with Interventions for Self-Compassion

Part 4, Thu Aug 13 at 11am EST:
Uncertainty & Values as Human Nature

To register, visit: www.margobristow.com

Contact person: Margo Bristow at info@margobristow.com

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We look forward to seeing you online!



Onna Brewer, PhD

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Learning Objectives:

Part 1: Finding the Focus with Agenda Mapping

Following participation in this training, learners will:

- know the function of agenda mapping within the processes of Motivational Interviewing, specifically the Focus process.
- understand the recursive and revitalizing aspects of the processes of MI as they relate to the spirit and core skills of MI.
- understand the relation between agenda mapping and other advanced MI skills.
- be able to engage a client in an agenda mapping activity in a manner consistent with advanced practice of MI.

Part 2: Adaptive Habits and Behavior Change in Challenging Circumstances

Following participation in this training, learners will:

- know the major recent research regarding brain development as it relates to screen-time, technology habits, social behavior, and attention.
- know the major recent research regarding technologies impact on adaptation and coping
- understand the importance of addressing these issues with Motivational Interviewing techniques
- be able to address these ideas with clients and students in a well informed manner

Part 3: Compassion & Integrating MI with Interventions for Self-Compassion Learning Objectives

Following participation in this training, learners will:

- know the elements of the Spirit of MI with an emphasis on the MI3 component of compassion.
- understand the relations between self-compassion as an adaptive habit and behavior change.
- understand the integration of MI with other clinical interventions through the example of self-compassion-focused interventions.
- be able to demonstrate compassion while engaging a client in an evocative discussion of self-compassion.

Part 4: Uncertainty & Values as Human Nature

Following participation in this training, learners will:

- understand how current events create feelings of uncertainty and dis-ease in the general population.
- understand the individual's Value system and how to incorporate into evocative conversations around adaptive behaviors.
- understand the relation between change talk/sustain talk/uncertainty thoughts and other advanced MI skills.
- be able to engage a client in a Values clarification exercise in a manner consistent with advanced practice of MI.