

Motivational Interviewing in Groups: Igniting Group Change



6-hour Synchronous Distance Learning

Join us for this experiential day of exploring the applications of Motivational Interviewing in groups. This workshop will be facilitated by MINT members and psychologists Dr. Karen Ingersoll and Dr. Chris Wagner, co-authors of the book *Motivational Interviewing in Groups*.

This workshop focuses on MI groups, emphasizing group processes that foster engagement, empowerment, and lasting change. We will focus on three core elements of MI groups: connection, direction, and momentum.

Connection is the heart of group MI. Members develop deep bonds with fellow members on the change pathway. Connection also involves internal processes - reconnecting with inner values, identity, and sense of purpose. Developing deeper connections between and within itself can be healing, as well as foster greater motivation to change

Having a clear sense of direction fosters successful change. Group members may share specific goals like abstinence or medication adherence. Alternatively, the group may have a broader focus like wellness, while members pursue specific changes related to their own individual goals. Skillfully balancing individual and group direction helps members deepen and prepare together for focused change.

Change talk spreads throughout the group, igniting group change. Group momentum and individual change fuel each other. As members try new things, others feel more empowered to take chances themselves, and mutual support fuels change both inside and outside the group sessions. Ending well allows members to internalize that energy to continue their journey in their daily lives, developing processes to support ongoing change and growth.

Dr. Ingersoll and Dr. Wagner are in the process of updating their MI & Groups book. This course will be recorded, and the group breakout sessions will be utilized for book research purposes. All participant information will be anonymized if utilized in the book.

Participants will:

- Update their working knowledge of core MI concepts and practices
- Understand how MI is blended into group practice
- Understand the expanded nature of change talk in MI groups
- Develop greater awareness of facilitating change at both individual and group levels
- Understand the importance of connection, direction, and momentum in group practice
- Develop awareness of key MI group connection-, direction-, and momentum-based strategies

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Course Objectives

- Identify 3 key differences between facilitating group conversations vs. interviewing individuals in MI
- Describe 3 strategies for establishing authentic connection in MI groups
- Describe 4 activities that facilitate group members establishing direction and momentum toward their desired growth/change pathway
- Name three structuring techniques for effective applications of Motivational Interviewing in groups
- List the three processes of MI in groups and explain the applications of each
- Name two MI communication strategies to help group members connect & move forward and maintain momentum toward change

Instructors

Chris Wagner, PhD,

Chris Wagner, PhD, is a clinical psychologist who works in the Virginia Commonwealth University College of Health Professions. His practice has included motivational interviewing since the 1990s and he began contributing as an academic to the development of MI theory and practice soon after.

His most significant contribution was co-authoring, along with Karen Ingersoll, the Guilford-series MI in Groups book, currently under revision. Chris frequently provides training on MI and other therapeutic approaches, has led five international training of trainers, and served on the international MI Network of Trainers (MINT) steering committee (2000-2008) and board of directors (2018-2020).

Karen Ingersoll Ph.D., ABPP

Karen Ingersoll Ph.D., ABPP is a Board-Certified Clinical Psychologist and Professor of Psychiatry & Neurobehavioral Sciences at the University of Virginia, where she directs the UVA Precision Health Initiative. Dr. Ingersoll provided evidence-based treatment including Motivational Interviewing at UVA's Ryan White Clinic for 12 years. Dr. Ingersoll has been training physicians, nurses, social workers, counselors, psychologists, psychiatrists, community health workers, community corrections workers, and others in MI skills since 1993. She has been a member of the Motivational Interviewing Network of Trainers (MINT) since 1998. She trained new MINT trainers 5 times and regularly provides MI training and consultation regionally, nationally, and internationally. Dr. Ingersoll served on the MINT Board of Directors from 2015-2019. Dr. Ingersoll researched Motivational Interviewing and technology-based interventions to improve health among people living with HIV, women at risk of alcohol-exposed pregnancies, and students with risky alcohol use.

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Continuing Education

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, (MI Center for Change) programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.
- MI Center for Change #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit . ACE provider approval periods (8/20/24-8/20/25). Social workers completing this course receive 1.5 continuing education credits.
- Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

Course Outline

1. Core group concepts and practices
 - a. Introduction
 - b. Activity: “Individual and Group Identities and Behaviors”
 - c. Client-centeredness
 - d. Use of core MI skills
2. Igniting Group Change in MI Groups
 - a. Modeling
 - b. Challenges
 - c. Blending MI and Group Facilitation
 - d. Facilitation Group Interaction

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a. Activity: “Your comfort with group leadership skills”

1. Elements of MI Groups

a. Connection

i. Climate

ii. Cohesion

iii. Processes

iv. Activities

1. Personal passions

2. Personal transformations

3. Self-acceptance and compassion

b. Direction

1. Individual and Group Direction

2. Activities

a. Hesitations and Ambivalence

b. Personal and Cultural Values

c. Envisioning your future self

c. Momentum

i. Introduction

ii. Activities

1. Strengths

2. Importance & Confidence Rulers

3. Change Planning

4. Moving Forward

2. Questions and Discussion

How Motivational Interviewing in Groups Live Webinar works

- You will register by providing your name and email, and will be emailed your confirmation and reminders for the live webinar training. Registration deadlines for the live webinar training will be October 23, 11:59pm ET
- Captions are available during the live webinar.
- If you are in need of a scholarship, you are welcome to reach out to us
admin@micenterforchange.com

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Continuing Education Information

We do not provide partial Continuing Education credit for this Live Synchronous Distance Learning. Participants must attend the entire 6 hour of synchronous distance learning for CE. Following live event attendance and completion of End of Course evaluation, participants will receive an email with their downloadable 6 hr CE certificate within 48 hours.

Will I be receiving a recording of the event? We will not be recording this event for repurposing at this time. This will be a one-time live event.

Course Fee: \$97.

Are you a member of the LGBTQIA+ and/or BIPOC community? Are you a financially struggling student? Are you a person with disabilities? We are committed to expanding equity in online education and want to encourage new perspectives and an inclusive learning space. Please reach out to us as we have specific course scholarships for you at admin@micenterforchange.com or 828-279-4985

What if there is a group at my agency that wants to take the training together?

We provide group registration discounts. Each individual must have their own device to sign in for the live webinar.

Individual Course Access: Each member of the group must sign in the webinar link individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation. For more information or to register a group, please contact us at admin@micenterforchange.com

System Requirements, Terms and Conditions:

Please take the time to read the [System requirements, Terms and Conditions](#) for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions [here](#). See our Cancellation Policy [here](#).