

VALERIE ALT, LCSW

Foundations of Motivational Interviewing.

January 28–29, 2027 · Berkeley, California

A two-day, in-person training in Motivational Interviewing — a person-centered, guiding method of communication to elicit and strengthen motivation for change.



HOURS

9:30 am–4:00 pm
Thursday & Friday

WHERE

830 Bancroft Way
Berkeley, CA 94710

COST

\$550 per person

What you'll leave with

The training is interactive — demonstrations with real-time coaching, small-group exercises, video analysis, and role play using your own cases.

01

The spirit and principles of MI

What makes MI different from
advice-giving — and why it works.

02

Recognizing and eliciting change talk

Hearing a person's own reasons
for change, and drawing more of
them out.

03

The four core processes and OARS

Engaging, focusing, evoking, and
planning — with OARS skills.

Open to anyone whose work involves conversations about change — therapists, social workers, health providers, students. No prior MI experience needed. Led by Valerie Alt, LCSW, a MINT-certified MI trainer.

Reserve your spot.

Details and registration at valeriealt.com/january

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