



Motivational Interviewing Learning Exchange

MOTIVATIONAL INTERVIEWING TRAINING

Motivational Interviewing (MI) is an evidence-based approach for talking with people about change and growth to strengthen their own motivation and commitment.

Taste of Motivational Interviewing In-Person Training

The foundation of the practice of MI begins with the mindset and heart set of partnership, acceptance, compassion, and empowerment. This three-hour workshop is perfect for individuals wanting a general introduction to the spirit and practice of MI or for experts wanting the 2023 updates and a refresher in the spirit of this communication style.

Learning agenda includes:

- ◆ Describe Motivational Interviewing (MI)
- ◆ Explain the goal of a MI conversation
- ◆ Describe the mindset of MI
- ◆ List the four tasks that guide MI conversations
- ◆ Explain the importance of the MI Spirit
- ◆ Describe how to use MI skills

Format: In-person with a workshop limit of 25

Date: June 27, 2024

Time: 9:00 AM to 12:00 PM

Location: ASU School of Social Work –Tucson Campus Tortolita building Rm 230
340 N. Commerce Loop, Ste 250 Tucson, AZ 85745

Cost: \$155.00

Taste of Motivational Interviewing Zoom (virtual) Training

This same workshop will be offered via zoom on July 11, 2024 with a workshop limit of 40.

Date: July 11, 2024

Time: 9:00 AM to 12:00 PM

Location: via zoom

Cost: \$105.00

To learn more or register: Contact Mary Dillon, at mdillon@milearningex.com



Mary Dillon, MA of Motivational Interviewing Learning Exchange will be providing this training. She also provides customized MI training for organizations in healthcare, oral health, behavioral health, government and criminal justice settings. To learn more contact: mdillon@milearningex.com



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Intermediate MI- Strategies and Skills for Evocation In-Person Training

It is expected that participants are familiar with motivational interviewing prior to attendance. Evoking literally means calling forth what is already present (it's in there). Rather than trying to install motivation in people, MI invites them to give voice to their own reasons and resources for change (change talk). In other words, MI is a particular way of talking with people about change and growth to strengthen their own motivation to change.

Learning agenda includes:

- ◆ Describe the task of evocation
- ◆ Explain why change talk is a central theme of MI
- ◆ Describe 5 ways to focus change talk
- ◆ Focused practice MI skills for evocation

Format: In-person workshop with a limit of 25

Date: June 27, 2024

Time: 1:00 AM to 4:30 PM

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