



Center for  
Community Dialogue  
& Training

A program of Our Family Services

# MOTIVATIONAL INTERVIEWING (MI) TRAININGS

Motivational Interviewing is a person-centered counseling style for addressing the common problem of ambivalence about change.

## Overview of Motivational Interviewing (MI) Concepts

March 25 -or- March 26 | 8:30 am - 12 pm | \$125

This class introduces the **major concepts of MI** to the **new learner** and is a great “refresher” for those already familiar with MI. Taught in a **learn-see-do format** with plenty of discussion and real-life applications, you will leave this class inspired to bring the Spirit of MI into your work.

## Using MI for Rapid Engagement and Brief Interventions

March 25 | 1 pm - 5 pm | \$125

This class is for the helping professional who has had MI Training in the past year and now wants to apply specific **MI processes and strategies for brief encounters**. You will leave this course with the knowledge that you **CAN** make a difference in a short amount of time.

## Motivational Interviewing Masters Class

March 26 | 1 pm - 5 pm | \$125

This highly engaging class is for individuals with **extensive training and experience** in MI. Participants will collaborate to design a practice case scenario, develop MI strategies to be used with the client, and practice the MI concepts in a **mutual learning environment**.

## About the Trainer:

Over the past decade, Mary Dillon, MA (MINT 2008) has provided customized training in MI to thousands of helping professionals. Her highly practical training style emphasizes specific strategies and skills that engage people in effective conversations about change.

## Training Location:

COPE Community Services, Inc.

1485 W Commerce Court, Tucson AZ

These programs are valid  
for 3/3.5 PDCs for the  
SHRM-CP® or SHRM-SCP®.



**REGISTER TODAY AT [ourfamilyservices.org/training](https://ourfamilyservices.org/training)**

**Questions?** Contact Melanie Rudolph | [mrudolph@ourfamilyservices.org](mailto:mrudolph@ourfamilyservices.org) | (520) 323-1708 x422