Outline

Motivational Puzzles: Why People Don’t Do What’s Best for Themselves
Redefine motivation as an interactive state
Utilize three components of change
Desire for and fear of change in therapy
Ambivalence across the stages of change
How ambivalence becomes resistance
The spirit of MI

Core MI Processes to Cultivate Change

Engaging: The Relational Foundation
Partnership – the core relationship
“Dancing” vs. “wrestling”
Avoid the “expert” role
Foster client autonomy
The core skills of MI

Focusing: The Strategic Decision
Match your agenda to the client’s goals & priorities
Help clients develop a direction for change
Guiding vs. directing or following
Help clients find freedom
How to prioritize multiple presenting issues & concerns

Evoking: Preparation for Change
The key ingredient of MI
Preparatory vs. mobilizing change talk
Elicit importance, confidence & readiness for change
Acceptance & empathy as tools for eliciting change talk
Help clients align values and behavior
Ad clients in leveraging strengths
Build momentum toward change
Planning: Commitment to Change
How and when to plan
Information exchange to aid in plan development

The “Dos” and “Don’ts” of giving advice

Research Limitations and Potential Risks

Evidence-Based Interventions to Improve Client Engagement and Accelerate Behavioral Change

Target Audience:

Probation/Parole Officers
Nurses • Other mental Health Professionals
Occupational Therapists • Occupational Therapy Assistants
Therapists • Marriage & Family Therapists
Counselors • Social Workers
Psychologists – Case Managers • Addiction Counselors
Therapists – Manager & Family Therapists
Occupational Therapists • Occupational Therapy Assistants
Nurses – Other mental Health Professionals
Producers • Police Officers

Objectives

1. Describe how to combine person-centered and strategic components to improve clinical outcomes using MI in a positive and supportive way.
2. Model how the four processes and OARS skills of MI help reduce client ambivalence and empower change.
3. Explore ways to elicit, recognize and respond to “change talk” to improve treatment outcomes.
4. Develop clinical strategies for working effectively with clients who are resistant to change.
5. Explain ways that MI can enhance the effectiveness of other existing therapeutic approaches.
6. Choose how to effectively use MI to help alleviate symptoms of anxiety, depression and addictive behaviors.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts
By Catherine Pittman, Ph.D., HSPP

www.pesi.com/anxietyworksheet

Live Seminar Schedule
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

Limited Time Offer

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Evidence-Based Interventions to Improve Client Engagement and Accelerate Behavioral Change

- Inspire your most ambivalent and resistant clients to engage in treatment and choose change
- Avoid the “righting reflex” and other common traps that interfere with therapeutic progress
- Help clients resolve ambivalence that keeps them stuck in anxiety, depression and addictive behaviors

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Motivational Interviewing in Groups
By Christopher Wagner, Ph.D., and Karen Ingersoll, Ph.D.
A unique clinical resource, this book shows how to infuse the methods and spirit of Motivational Interviewing (MI) into group-based interventions. The authors demonstrate how the four processes of MI—expressing empathy, developing discrepancy, rolling with resistance, and strengthening motivation—can enhance the effectiveness of group interventions. They discuss how MI can be designed for a variety of groups and serve as the foundation for group-based treatments. An ideal resource for group leaders in mental health settings or for use as a text or supplement for courses in psychology, counseling, psychiatry, and other helping professions.

Motivational Interviewing: Helping People Change, 3rd edition
By Stephen Rollnick, Ph.D., and William Miller, Ph.D.
This authoritative, best-selling guide teaches professionals to help their clients change. In this third edition, the authors present a broadened approach to their core model of MI, expanding the content and scope to address issues involving client resistance and motivational interviewing with groups. This third edition features a new chapter on assessment, and provides new content on emerging issues and applications. An essential resource for anyone seeking to use MI in their work.

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Speaker
Christopher C. Wagner, Ph.D., is a licensed clinical psychologist in Virginia and faculty member at Virginia Commonwealth University, with appointments in Rehabilitation Counseling, Psychology and Psychiatry. He began practicing MI in 1990 and became a member of the Motivational Interviewing Network of Trainers (MITN) in 1996. From 2000-2008, he served in leadership positions in MITN, twice as chair of the network, and he has led three of their international trainings of trainers events. He was on the MITN board of directors in 2010.

Dr. Wagner has offered hundreds of trainings in North America, Europe, Asia and Australia/Ifrica. In addition to focusing on clinical and theoretical advances in individual MI, he has also developed group applications of MI and is an author of the official MITN series book on that topic. co-written with long-time collaborator Karen Ingersoll. He has worked with individuals to address a range of health, mental health, addictions and employment challenges across countries, inpatient, residential and corrections settings. Dr. Wagner’s trainings are highly engaging and focused on helping participants incorporate MI skills and strategies into their current styles of practice.

Financial Disclosure: Christopher Wagner is an associate professor for Virginia Commonwealth University. He receives a speaking honorarium from PESI, Inc.

Non-financial Disclosure: Christopher Wagner has no relevant non-financial relationship to disclose.

Continuing Education Credits

MOTIVATIONAL INTERVIEWING IN GROUPS

Continuing education and professional development programs are accredited by the following organizations for a minimum of 6.25 continuing education hours: American Psychological Association, American Counseling Association, National Association of Social Workers, American Nurses Credentialing Center, American Occupational Therapy Association, Board of Certified Examiners of Psychology, National Association of Alcohol and Drug Abuse Counselors, California Board of Occupational Therapy, Oregon Board of Nursing, Kentucky Board of Nursing, American Nurses Association, American Association of Marriage and Family Therapists, National Association of Social Workers, Federation of State Medical Boards, American Psychological Association.

For each activity, PESI, Inc. is offering CE credit(s) based on specific learning objectives, activities, and evaluation/assessment of participant learning. Credits listed below are for full attendance at the live event only. Tuition includes course handouts, supplementary handouts, and certificate of completion.

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PESI, Inc. has been approved as a provider of continuing education for the American Board of Professional Behavior Analysts (ABPP). Provider #7350.

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This activity qualifies as six hours of continuing education for Social Work (NASW) credit. This activity is in the content area of General, emphasizing the practice of social work.

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