

# MINT 2016 Pre Forum Workshop

## **Title of workshop:**

How to Train/Facilitate an "Advancing the Practice" Workshop Using Creative & Dynamic exercises (My Favorite Ones)

## **Workshop presenter:**

Stephen R. Andrew LCSW, LADC, CCS, CGP

## **Brief description of workshop - including the learning outcomes for participants:**

One of the great appeals of facilitating a Motivational Interviewing training/learning is its engaging and dynamic nature, like the MI conversation itself. It is not showing slides or just dialoguing. This is active dynamic presentation that creates cohesiveness among the participants allowing the greatest learning utilizing a variety of exercises, readings, music, stories, working in pairs and in small groups.

Many practitioners already have a good grounding in basic spirit and skills and need help in getting past roadblocks that hold them back from fully embracing and utilizing Motivational Interviewing. During this workshop, participants will play with a series different exercises that I have found especially useful and effective in communicating the style and spirit as well as helping deepen practitioners technical skills in the use of Motivational Interviewing. We will try out each of the exercises as a group, and then take a step back and discuss how we imagine they may work with our participants, what insights the exercises provide (let's debrief together), and how the work deepens understanding of the MI practice.

### Learning Outcomes:

- Exercises and other teaching methods to increase the use of eight tasks of learning Motivational Interviewing: we will actively engage in exercises and discuss their validity in an advancing the practice workshop.
- Showing how to build a cohesive community between the participants in your training and incorporate exercises and techniques.
- How to debrief well, using the questions as a way to build the workshop. This builds on the principle: elicit vs. impart.
- How to use tools to create more fun and more engagement than simply dyadic training. The less you talk the better the participants do.
- How to respond to mistakes and get the workshop back on track.

*"People are generally better persuaded by the reasons which they have themselves discovered than by those which have come into the mind of others." ~ Blaise Pascal*

**Duration of workshop:** One full day

**Bio:**

Stephen R. Andrew LCSW, LADC, CCS, CGP

Stephen has been a member of the international Motivational Interviewing network of Trainers (MINT) since 2003. He is a MIA STEP trainer for ATTC New England since 2007, he presents over 150 days each year on Motivational Interviewing: Basics & Advancing the Practice, Principles of Supervision Using MI, The Power of Groups Using MI, and Teaching MI in universities and nonprofits. Stephen has presented in 15 different countries for criminal justice, social service providers, healthcare professionals, alcohol and other drug counselors, and for people in the recovery learning community.

He is the chief energizing officer for Health Education & Training Institute in Portland, Maine USA which includes a MITI Coding, simulated patients/clients laboratory.

Recent participant in his advancing the practice workshop:

- *"Your passion for Motivational Interviewing definitely makes this training better.. really loved the first activity."*