

Strengthening Your Practice in the Four Processes of Motivational Interviewing

“Do not miss a unique opportunity to deepen your mastery of Motivational Interviewing (MI): two world renowned experts, Denise Ernst and Patrick Berthiaume, will offer a series of workshops in Montreal on October 2-3-4, 2018. Limited number of participants”.

In recent years, motivational interviewing has expanded within the best practice interventions. In 2012, William Miller and Stephen Rollnick published their new edition of the reference book. The authors provide clarifications on adaptation from the four processes of motivational interviewing. Since this new edition, scientific research and training on this approach have taken a new turn. Thus, on October 2-3-4, at the St-Pierre Center, you are invited to attend three days of advanced training on these different processes in line with the latest research. This training will be led by Denise Ernst and co-hosted by Patrick Berthiaume.

The theoretical part of this training will be mainly in English. A summary translation of the theoretical content will be offered, and the PowerPoint will be translated into French. The exercises will be done in two groups, one anglophone and the other francophone. Francophones will be able to come back to what has been presented and perform the exercises in French. If you wish to participate in the English subgroup, it will be important to be able to understand English well. This training is an advanced training and is designed for participants who have good knowledge about and proficient skills in motivational interviewing. It is recommended that you have had training in motivational interviewing that has been updated in the last five years to be consistent with Motivational Interviewing,; helping people change, 3rd. edition, 2013.

We therefore ask you, in your registration, to specify if you want to be, for the exercises, in the English or French group.

Training objectives:

The MI Practice Checkup; a series of workshops designed to

1. Facilitate the self-evaluation of a practitioner's own MI skills
2. Provide suggestions for updating MI practice based on the 3rd edition of the MI book, recent developments in the emerging theory of MI, and advances from the process research.
3. Offer tools, practice opportunities, practical strategies, and in-depth discussion of the MI processes.

The series is organized around the MI processes (something new in MI-3); Engaging, Focusing, Evoking, and Planning. Each day will have a particular process focus. Participants may choose to one, all, or some combination of days that meets their needs.

Content

Day 1: involves an in-depth look at engaging the client and focusing the conversation. This work will involve deepening the basic MI skills in service of engagement with additional attention to the Client Self-Exploration measure. Advanced strategies for focusing (and refocusing) the conversation will be covered in the second half of the day.

Day 2: is dedicated to the evoking process. It will include newer information about the role of client language and the importance of intentionally influencing that language within the conversation. A deeper look at and actively practice cultivating and growing change talk. In addition, tips for managing sustain talk will be explored.

Day 3: will focus on the optional MI process of planning. New to MI-3, planning is often neglected in training. This workshop will cover the transition to planning and offer tools for developing a client-centered plan. Also covered will be the role of MI throughout the change process, from monitoring the plan to dealing with ambivalence if and when it comes up during the change process.

Trainers:

Denise Ernst PhD. is a long-term member of the Motivational Interviewing Network of Trainers (MINT) and has been involved in training and research of MI for over 25 years. Dr. Ernst has developed and provided advanced training workshops around the world. She provides skill coaching, and MI feedback for individuals, organizations, and students with a focus on building capacity for the self-evaluation of one's own practice. She is a co-author on the Motivational Interviewing Treatment Integrity (MITI) coding system and has often integrates measurement elements into training.

Patrick Berthiaume is one of EM's main ambassadors in Québec and in the French-speaking world. He is regularly invited in Europe and elsewhere to give various trainings (basic level, advanced, training in supervision, training in evaluating the application of this approach, in group context and training of trainers). He has extensive experience in evaluating the integration of this approach into clinical practice through MITI4.2 and has participated in its translation. His concern for the application of EM beyond know-how, led him to follow up and consolidate his training. His great availability to his learners makes him one of the most sought-after trainers in many areas. He is currently a member of the Board of Directors of AFDEM (*Association de diffusion de l'entretien motivationnel*) and for a few years he has been a member of the Board of Directors of MINT.

Price: the cost of the training is 300.00 \$ + tx per day if registration is done before 31 August or at any time for trainers of AFDEM or MINT. After this date the cost is \$ 350.00 + tx per day.

A preferential rate is proposed to you if you wish to attend the three days: \$ 800.00 + tx if the registration is done before August 31 or at any time for the trainers of the AFDEM or the MINT or \$ 950.00 + tx for a registration after August 31st.

Your registration will be confirmed when your check or bank transfer is received.

To express your interest, ask questions or register, we invite you to write to info@perspectivesante.com

We thank you for your interest.
Looking forward

Denise Ernst
Patrick Berthiaume