



# Motivational Interviewing Workshops

## A Catalyst for Change

Motivational Interviewing (MI) is a conversational style that supports change in a manner congruent with a person's own values and concerns using collaborative, goal-oriented methods of communication. MI can be valuable for professionals supporting clients who are working to make changes in their lives. Social workers, physicians, nurses, health educators, care managers, dietitians, counselors, psychologists, life and health coaches, clergy, probation/corrections officers, personal trainers, school counselors and educators will benefit by developing their MI skills.

### Motivational Interviewing: Introduction

This introduction covers the spirit, core skills and processes of MI as well as the most current research of MI use and effective practice. Professionals from a wide array of helping roles can benefit from learning MI. For those with some MI experience, this workshop provides updated information in this evolving practice. **Registration/refund deadline is 10/2.**

Friday, October 12 8:30 am to 4:30 pm  
Bend COCC Boyle Education Center Room 154 \$169

### Motivational Interviewing: Deepening Your Skills

Motivational Interviewing (MI) is a continual learning process. Professionals with previous MI training or practice will continue developing skills in their role supporting individuals to make and sustain behavior changes. Professionals will benefit by continuing to develop their MI skills and develop a personal learning plan and objectives for ongoing MI practice and growth. **Registration/refund deadline is 10/30.**

Friday, November 9 8:30 am to 4:30 pm  
Bend COCC Boyle Education Center Room 154 \$169

### Motivational Interviewing: Advanced Practices

Continue to grow your Motivational Interviewing (MI) skills and practice through conversations and activities that support your personal learning journey. Examples of topics covered (and activities to support them) include: deepening client self-exploration, advanced skills in strategic reflective listening and supporting autonomy, integrating MI with other modalities in your practice, and utilizing the wisdom of fellow participants for team consultation where you may be feeling "stuck" as a practitioner. This course is for professionals practicing MI with clients on a regular basis. **Registration/refund deadline is 1/22/19.**

Friday, February 1, 2019 8:30 am to 4:30 pm  
Bend COCC Boyle Education Center Room 154 \$169

**Approved for ACCBO and California Board of Nursing CEs: more info [cocc.edu/ce/mi](http://cocc.edu/ce/mi)**



Instructor: Heather Lynch holds a MA in Counseling Psychology, completed the Motivational Interviewing Network of Trainers (MINT) Train New Trainers course and has been learning and teaching MI since 2006. She has created and facilitated many levels and types of MI training during this time period. As one of her colleagues stated: "I've seen Heather skillfully facilitate MI learning activities, facilitate MI discussion and engage trainees in a way that makes learning complex skills fun". She currently uses her skills in practice as a Vocational Rehabilitation Counselor.

**To register online go to: [enrole.com/cocc/jsp/](http://enrole.com/cocc/jsp/) or call 541.383.7270**

