

# Online Interactive Learning

## Motivational Interviewing: Advancing the Practice

### About this Training:

- This intense virtual online training course will help you advance your skills and spirit in Motivational Interviewing (MI) by providing a place to learn and establishing an effective, sustainable community of practice. You will receive personalized feedback on two conversations recorded outside of the online learning time to fine-tune and strengthen your knowledge and use of this evidence-based practice. The feedback received will assist you in identifying personal strengths and weaknesses and give you the tools and resources needed to continue moving forward.

### Audience:

- Workers at all levels in the health and human services fields seeking to incorporate best practices into their work. It is recommended that you have completed an MI Basics workshop within the past few years in order to reap the full benefit of this virtual online course.

### Objectives:

- Review the fundamentals of Motivational Interviewing and the four phases.
- Learn to identify, elicit, and respond to change talk.
- Practice MI on “challenging” people we serve through role playing and discussions.
- Identify how MI overlaps and integrates with other therapeutic methods.
- Adapt the care strategies to different populations.
- Develop a mindful, observing “eye” to notice and sense the discord within self.

### Details:

- Four weekly two-hour sessions - February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>, 2021
- Each session from 10:00am - 12:00pm (noon) Eastern Time (USA)
- Cost: \$95/person, includes 16 weekly follow-up emails reinforcing the concepts

### Stephen R. Andrew LCSW, LADC, CCS, CGP

“Storyteller”, trainer, author, therapist, community organizer, and CEO (Chief Energizing Officer) of Health Education & Training Institute ([www.hetimaine.org](http://www.hetimaine.org)), Stephen maintains a compassion-focused private practice in Portland, Maine USA and facilitates a variety of support groups: men’s, women’s, co-ed, and caregivers. He presents workshops for social service agencies, substance use and misuse workers, and other groups on adolescent and adult addiction, motivational interviewing, trauma, men’s issues, and group work. He is a member of the International Motivational Interviewing Network of Trainers (MINT).



### Kelley Barton Newkirk MSW, MBA

Kelley is a counselor and trainer who since 2018 has worked with Stephen Andrew at HETI to enhance her skills in Motivational Interviewing (MI). She works with individuals and groups and assists in training others in the use of MI with the goal of having compassionate conversations that elicit clients’ own intrinsic motivation for change. She was recently accepted into MINT. Kelley is also a certified Bikram and trained Vinyasa yoga teacher. Throughout her career, she has mentored and developed individuals and managers who, with her support, have identified their unique strengths and have determined how to focus those strengths on furthering their individual and team goals and dreams.



Details & Registration: <https://www.hetimaine.org/mi-basics>



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