

Online Interactive Learning

Motivational Interviewing: The Basics

About this Training:

- This will be a small group highly engaging and interactive experience. Motivational Interviewing is a client-centered, evidence-based directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This training will discuss this effective approach provide participants with an opportunity to explore creative ways of integrating these approaches into an effective therapeutic intervention. This online facilitated training will be an interactive experience for a multi-disciplinary audience. Participants will engage in experiential methods such as information exchange, listening to recordings, group discussions, paired skills practice, and self-reflective exercises.

Audience:

- Social workers, healthcare professionals, recovery coaches, counselors, and workers who have direct interactions with the people we serve.

Objectives:

- Learn the fundamentals of Motivational Interviewing (MI) spirit, structure & skills
- Explore ambivalence as a barrier to change
- Learn and practice MI on “challenging” people through role playing and discussion

Details:

- February 11th & 12th, 2021, 10am - 2pm Eastern Time (USA)
- Two two-hour follow-up sessions with the trainer, the next two Thursdays at 10am
- Continuing Education Contact Hours: 11
- Cost: \$175/person, includes 16 weekly follow-up emails reinforcing the concepts

John Brelsford, PhD has worked in the field of community mental health services for 40 years. During this time, he has worked as a psychotherapist, house manager, direct care staff, clinical consultant and, director of a multi-service agency serving adults with serious psychiatric disorders. John was trained as a trainer in Motivational Interviewing in 2008 and has provided MI training to a range of audiences including staff of inpatient psychiatric units, community based human service providers, peer service providers, probation officers, parents, medical professionals, nutritionists and psychiatric crisis workers. John holds a PhD in Counseling Psychology from the University of Massachusetts and is a Licensed Mental Health Counselor in Massachusetts. He is also a member of MINT (Motivational Interviewing Network of Trainers) and has a psychotherapy practice in Easthampton, Massachusetts.



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



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