

Motivational Interviewing: 2 Day Introductory Workshop
Adam Rietveld, MA, MINT Member
Schaumburg, IL
December 11th-12th, 2023

Description: Motivational Interviewing (MI) is a conversation style used in helping professions to help clients identify their own intrinsic motivation for change. This 2 day introductory workshop will provide participants an in-depth overview of the theory, principles, and skills of MI. Learning activities will include: demonstrations, videotape examples, “real-plays”, small group exercises, and significant participant practice and opportunities to receive feedback.

Attendees also receive one (1) free work sample submission to be coded using the Motivational Interviewing Treatment Integrity Tool (MITI) 4.2.1. After the sample is submitted there will be an individualized coaching and feedback call to review the work sample. The submission is nontransferable.

Learning Objectives:

After attending a 2 day introductory workshop participants will be able to:

1. Describe the key components of the Spirit of MI
2. Describe how the 4 Tasks of MI are used to help move clients/patients towards the direction of their change goals
3. Identify and describe the foundational communication skills of MI
4. Identify core MI strategies for exploring clients' own reasons for change in practice exercises
5. Develop strategies to continue learning and practicing MI to improve participant confidence and competence in applying the skills and strategies of MI.

Target Audience: This workshop is appropriate for helping professionals who are in the role of counseling clients/patients to make and sustain healthy behavior changes. This includes but is not limited to counselors, social workers, case workers, clinicians working with people who use substances, probation/corrections officers, nurses, physicians, physical therapists, occupational therapists and dietitians.

What's included in Registration:

- 12 hours of Motivational Interviewing training
- Resource manual and materials
- Copy of presentation after the training concludes
- 1 free work sample submission, including individualized coaching and feedback
- Breakfast pastries and coffee
- Certificate of Completion
- 12 CE contact hours*
 - Rietveld Consulting, LLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7027. Programs that do not qualify for NBCC credit are clearly identified. Rietveld Consulting, LLC is solely responsible for all aspects of the programs.

Venue: Hyatt Regency - Schaumburg, 1800 East Golf Road, Schaumburg, IL 60173

Schedule: 9:00am - 4:30pm Monday and Tuesday, 60 minutes for lunch on your own.

Fee: \$400 (fee increases after November 30th 2023)

Refund Policy: If a participant cancels 30 days prior to the first day of course, they'll receive a refund, minus a \$100.00 processing fee. Non-refundable thereafter.

Trainer Bio: Adam Rietveld, LCPC has worked as a professional counselor in a variety of behavioral health settings including a locked residential psychiatric nursing home, an inpatient behavioral health hospital, and at outpatient community mental health centers. He currently owns and operates a private counseling practice in Crystal Lake, is an adjunct faculty member at National Louis University teaching in their MS in Counseling program, and works as a MI trainer, coach, and mentor.

Adam has been facilitating Motivational Interviewing trainings since 2015 and was invited to join the Motivational Interviewing Network of Trainers (MINT) in 2016. He has experience facilitating trainings for counselors, social workers, case workers, alcohol and other drug counselors, probation officers, graduate level students, and professors.

Adam received a Masters of Arts in Clinical Psychology from the University of Central Florida and is currently pursuing a Doctor of Education (Ed.D.) in Counselor Education & Supervision from National Louis University.

Program Schedule:

Day 1: 9am - 4:30pm

1. Welcome, introductions, and expectations
2. Change Concepts
3. MI Spirit
4. 4 Tasks
5. Agenda Mapping
6. Open-Ended Questions
7. Importance of Listening
8. Change Talk & Sustain Talk
9. Reflections

Day 2: 9am - 4:30pm

1. Re-engagement & recap
2. Responding to sustain talk
3. Affirmations
4. Summaries
5. Developing Discrepancy
6. Planning
7. Stages of Change
8. Learning plan

***Continuing Education:** At the conclusion of the training Licensed Professional Counselors (LPC), Licensed Clinical Professional Counselors (LCPC), Licensed Social Workers (LSW), and Licensed Clinical Social Workers (LCSW) holding Illinois Licenses will receive 12 hours of continuing education. To receive a CE certificate participants must stay for the entire training, sign in and out, and complete an evaluation. Upon request Rietveld Consulting, LLC will provide necessary materials to attendees in order for them to submit to their licensing body, on their own behalf, for consideration of continuing education hours.

Grievance Policy: Direct grievances directly to Adam Rietveld: adam@rietveld.consulting

Disability Accommodation: Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact Adam Rietveld at 630-267-9144 or adam@rietveld.consulting

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Registration Form

(please type or print clearly)

Name:	
Profession:	
Mailing Address:	
Telephone:	
Fax:	
Email:	

Early Registration: (Before December 1st 2023)

\$400.00

Late Registration: (After December 1st 2023)

\$450.00

Refund Deadline*: November 11th 2023

*If you cancel prior to 11/11/23 you will receive a refund minus a \$100.00 processing fee. Non-refundable thereafter.

Payment:

US Bank Check or Money Order in US Dollars made payable to: **Rietveld Consulting, LLC**

To pay by Credit Card visit: <https://ti.to/rietveldconsulting/mi-introductory-workshop-2023>

Training Site: Hyatt Regency - Schaumburg, 1800 East Golf Road, Schaumburg, IL 60173

Send Registration Form & Payment to:

Rietveld Consulting, LLC

95 Berkshire Dr.

Crystal Lake, IL 60014

Phone: (630) 267-9144

Email: adam@rietveld.consulting