

Motivational Interviewing: 2 Day Introductory Workshop  
Adam Rietveld, MA, MINT Member  
Schaumburg, IL  
June 27-28th, 2019

**Description:** Motivational Interviewing (MI) is a conversation style used in helping professions to help clients identify their own intrinsic motivation for change. Over 300 clinical trials demonstrate the efficacy of MI across a wide range of populations, target behaviors, and medical conditions. 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.

**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 processes 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
- Light snacks during breaks
- Certificate of Completion
  - *Motivational Interviewing: 2 Day Introductory Workshop* has been approved by NBCC for NBCC credit. Rietveld Consulting, LLC is solely responsible for all aspects of the program. NBCC Approval No. SP-3169.
  - Pursuant to Illinois Title 68 Section 1470.95 Licensed Social Workers as well as Licensed Clinical Social Workers will also be eligible for 12 continuing education contact hours.

**Venue:** TBA

**Schedule:** 9am - 4:30pm Thursday and Friday, Lunch on your own.

**Fee:** \$350 (fee increases after May 31 2019)

**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:** For over 10 years Adam Rietveld has worked as a counselor in a variety of behavioral health settings including residential, inpatient, and outpatient. He currently has an outpatient 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 in 2016. He has experience facilitating trainings for counselors, social workers, case workers, alcohol and other drug counselors, graduate level students, and professors.

Adam received a MA in Clinical Psychology from the University of Central Florida, and a BS in psychology from Illinois State University.

### **Program Schedule:**

Day 1: 9am - 4:30pm

1. Welcome, introductions, and expectations
2. Change Concepts
3. MI Spirit
4. 4 Processes
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

Motivational Interviewing: 2 Day Introductory Workshop  
Adam Rietveld, MA, MINT Member  
Schaumburg, IL  
June 27-28th, 2019

## Registration Form

*(please type or print clearly)*

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

**Early Registration: (Before May 28th 2019)**

\$350.00

**Late Registration: (After May 28th 2019)**

\$400.00

Refund Deadline\*: May 28th 2019

\*If you cancel prior to 5/28/19 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://rietveld.consulting/workshops/>

**Training Site: TBA**

### Send Registration Form & Payment to:

Rietveld Consulting, LLC

95 Berkshire Dr.

Crystal Lake, IL 60014

Phone: (630) 267-9144

Email: adam@rietveld.consulting