

Motivational Interviewing Groups

Moving together toward change

About the workshop

MI was originally developed as an individual therapeutic approach, and adapting MI to group experiences requires us to rethink the core practices in order to harness the power of group support, cohesion and momentum. This one day training focuses on the process of adapting MI to groups. The workshop is highly experiential, leading participants through group practice exercises across the phases of MI groups.

The training will provide growth opportunities for participants across all levels of experience in using MI in groups - by including participant, group facilitator and team coach roles. **Participants** will learn the MI group model and experience MI groups from a group member perspective, using real-play that focuses on growth in their own lives and debriefing that allows for adaptation to their work settings. **Group facilitators** will have the opportunity to practice MI group leadership skills and receive feedback from participants and coaches. **Team coaches** will focus on setting up small group experiences, coaching and providing feedback. The roles are not necessarily fixed, allowing attendees to participate in multiple roles as desired.

The workshop aims to help participants:

- Understand how MI groups integrate *group processes*, a *client-centered orientation*, and *conversational shaping* to focus members on initiating and sustaining *positive change*
- Develop an appreciation for the *expanded nature of change talk* in a group environment
- Learn how MI groups *actively harness group energy for change* without devolving into sequential individual MI conversations with passive group witnesses
- Learn how group dynamics and MI strategies develop in *phases* in ongoing groups
- Experience and observe MI groups in action (**participant roles**)
- Develop MI group leadership skills (**group facilitator roles**)
- Develop small group coaching skills (**team coach roles**)

About the presenter

Chris Wagner, Ph.D., is a Licensed Clinical Psychologist and associate professor at Virginia Commonwealth University in the Departments of Rehabilitation Counseling, Psychology and Psychiatry. He has led psychotherapeutic, psychoeducational, and support groups focused on addictive behaviors, behavioral health, sexuality, HIV disease coping, schizophrenia, organ transplant, as well as general adult mental health.

He has been a MINT member since 1998, serving MINT in various roles through the years, and co-authored with Karen Ingersoll the Guilford book "Motivational Interviewing in Groups." He is committed to creating safe, positive learning environments where participants can practice skills and receive helpful feedback.

Recent participant feedback about MI Groups workshops

- *I loved the hands-on and practice-oriented approach.*
- *The interactive, small-group-based format was effective and memorable.*
- *I had read the book and found that the workshop put the information into perspective.*
- *The best part was how we worked ourselves in a really structured way through the process.*
- *The exercises in the small group were very important and gave me lots of inspiration and ideas of how to work with groups in my clinic.*