

Outline

Motivational Puzzles: *Why People Don't Do What's Best for Themselves*

Redefine motivation as an interactive state
Utilize three components of change
Desire for and fear of change in therapy
Ambivalence across the stages of change
How ambivalence becomes resistance
The spirit of MI

Core MI Processes to Cultivate Change

Engaging: *The Relational Foundation*

Partnership – the core relationship
“Dancing” vs. “wrestling”
Avoid the “expert” role
Foster client autonomy
The core skills of MI

Focusing: *The Strategic Decision*

Match your agenda to the client's goals & priorities
Help clients develop a direction for change
Guiding vs. directing or following
Help clients find freedom
How to prioritize multiple presenting issues & concerns

Evoking: *Preparation for Change*

The key ingredient of MI
Preparatory vs. mobilizing change talk
Elicit importance, confidence & readiness for change
Acceptance & empathy as tools for eliciting change talk
Help clients align values and behavior
Aid clients in leveraging strengths
Build momentum toward change

Planning: *Commitment to Change*

How and when to plan
Information exchange to aid in plan development
The “Dos” and “Don'ts” of giving advice

Objectives

1. Describe how to combine person-centered and strategic components to improve clinical outcomes using MI in a positive and supportive way.
2. Model how the four processes and OARS skills of MI help reduce client ambivalence and empower change.
3. Explore ways to elicit, recognize and respond to “change talk” to improve treatment outcomes.
4. Develop clinical strategies for working effectively with clients who are resistant to change.
5. Explain ways that MI can enhance the effectiveness of other existing therapeutic approaches.
6. Choose how to effectively use MI to help alleviate symptoms of anxiety, depression and addictive behaviors.

MI Tools for Anxiety: *Inspire Clients to Engage in Previously Avoided Behaviors*

MI strategies to strengthen collaboration
How to challenge “the way I've always done it” thinking
Interventions to break familiar, anxiety-inducing patterns
Combine MI with cognitive behavioral therapy (CBT)

MI & Depression: *Boost Your Clients' Resilience, Self-Worth & Self-Efficacy*

Overcoming ambivalence in depression
Friends & family: Help clients learn to filter well-intentioned advice
Accept, acknowledge, empathize
Help clients reframe therapeutic tasks
MI & crisis intervention

Substance Use and Addictive Behaviors: *MI Strategies to Catalyze Change and Reach Recovery Goals*

What makes life worth living?
Avoid pushback: Emphasizing choice
Substance use
Other addictive/compulsive behaviors
Using MI in conjunction with the 12 steps

Research Limitations and Potential Risks

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

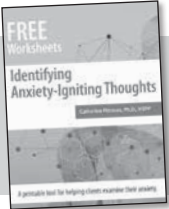
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience: Counselors • Social Workers
Psychologists • Case Managers • Addiction Counselors
Therapists • Marriage & Family Therapists
Occupational Therapists • Occupational Therapy Assistants
Nurses • Other mental Health Professionals
Probation/Parole Officers

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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Motivational Interviewing

Evidence-Based Interventions to Improve Client Engagement and Accelerate Behavioral Change

Timonium, MD • Wednesday, May 15, 2019

Ellicott City, MD • Thursday, May 16, 2019

Fairfax, VA • Friday, May 17, 2019



Register Now: pesi.com/express/69861

Motivational Interviewing

Evidence-Based Interventions to Improve Client Engagement and Accelerate Behavioral Change

- Inspire your most ambivalent and resistant clients to engage in treatment and choose change
- Avoid the “righting reflex” and other common traps that interfere with therapeutic progress
- Help clients resolve ambivalence that keeps them stuck in anxiety, depression and addictive behaviors

“Chris Wagner has been a leading figure in the Motivational Interviewing field... If I wanted someone to help me learn these skills, I'd ask Chris.”

- **Stephen Rollnick, Ph.D.,**
Co-Founder of Motivational Interviewing

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