

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
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Motivational Interviewing

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

Portland, ME • Tuesday, June 25, 2019

Manchester, NH • Wednesday, June 26, 2019

Burlington, VT • Thursday, June 27, 2019



Register Now: pesi.com/express/70996

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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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Motivational Interviewing

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

Are you frustrated with having the same client sessions over and over? Perhaps you're watching your clients struggle with addiction, anxiety, or other mental health challenges, and your attempts to empower them to make positive changes in their lives feel like going into battle. You feel like you're working harder than your client, and you feel like they resist everything.

You can make a significant, positive impact on your clients' lives with Motivational Interviewing.

Motivational interviewing (MI) has emerged over the past three decades as a leading approach for addressing a **core clinical concern – motivation**. When mastered, this evidence-based approach is highly effective in motivating positive change.

Better still, motivational interviewing can be used **regardless of diagnosis** and in conjunction with other treatment approaches.

Chris Wagner, Ph.D., motivational interviewing trainer and author, will teach you the skills you need to know to successfully help these clients. You'll learn how the MI process works, how to help your clients resolve ambivalence about change, and how to effectively respond to resistance in clients. You'll leave this seminar confident and with the strategies you need to treat your clients with depression, anxiety disorders, addictive behaviors and other clinical issues.

Escape the pattern of struggling with clients, and instead evoke your clients' own motivation to change!

"Best seminar I have attended. Great presenter."

Bernadette-Portland, ME

Speaker

Christopher C. Wagner, Ph.D., is a licensed clinical psychologist in Virginia and faculty member at Virginia Commonwealth University, with appointments in Rehabilitation Counseling, Psychology and Psychiatry. He began practicing MI in the 1990s and became a member of the Motivational Interviewing Network of Trainers (MINT) in 1998. From 2000-2008, he served in leadership positions in MINT, twice as chair of the network, and he has led three of their international training-of-trainers events. He was re-elected to the MINT board of directors in 2018.

Dr. Wagner has offered hundreds of MI trainings in North America, Europe, Asia and Australia/Oceania. In addition to focusing on clinical and theoretical advances in individual MI, he has also developed group applications of MI and is an author of the official Guilford series book on that topic, co-written with long-time colleague Karen Ingersoll. He has worked with individuals with a variety of health, mental health, addiction and employment challenges across outpatient, inpatient, residential and corrections settings. Dr. Wagner's trainings are highly engaging and focused on helping participants incorporate MI skills and strategies into their current styles of practice.

Speaker Disclosure:

Financial: Christopher Wagner is an associate professor for Virginia Commonwealth University. He receives a speaking honorarium from PESI, Inc.

Non-financial: Christopher Wagner has no relevant non-financial relationship to disclose.



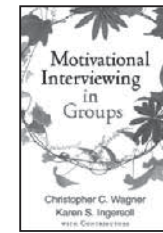
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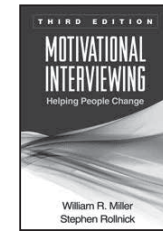
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Motivational Interviewing in Groups

By Christopher Wagner, Ph.D., and Karen Ingersoll, Ph.D. **Your Presenter!**

A unique clinical resource, this book shows how to infuse the methods and spirit of Motivational Interviewing (MI) into group-based interventions. The authors demonstrate how the four processes of MI with individuals translate into group contexts. They explain both the challenges and the unique benefits of MI groups, guiding practitioners to build the skills they need to lead psychoeducational, psychotherapeutic, and support groups successfully. A wealth of clinical examples are featured. Chapters by contributing authors present innovative group applications targeting specific problems: substance use disorders, dual diagnosis, chronic health conditions, weight management, adolescent risk behaviors, intimate partner violence, and sexual offending.



Motivational Interviewing: Helping People Change, 3rd edition

By Stephen Rollnick, Ph.D., and William Miller, Ph.D.

This is the authoritative, bestselling guide that professionals and students turn to for a complete introduction to motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI—engaging, focusing, evoking, and planning—and vividly demonstrates what they look like in action. A wealth of vignettes and interview examples illustrate the “dos and don'ts” of successful implementation in diverse contexts. Highly accessible, the book is infused with respect and compassion for clients. The companion Web page provides additional helpful resources, including reflection questions, an extended bibliography, and annotated case material.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cespi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS for review.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT COUNSELORS: This course has been submitted to the Board of Allied Mental Health Practitioners (BAMHP) for review.

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MAINE PSYCHOLOGISTS: Please contact our customer service department at 800-844-8260 or info@pesi.com for the most current information.

NEW YORK PSYCHOLOGISTS: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

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VERMONT SOCIAL WORKERS: Please contact our customer service department for the most current information.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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