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

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 Webcast Schedule
(Times listed in Eastern)
8:00 Program begins
11:50-1:00 Lunch Break
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

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.

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Motivational Interviewing

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

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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

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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!

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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