

Outline

Motivational Interviewing Essentials
Core Skills and Principles
How therapists unintentionally increase resistance
Latest Research

Assess Readiness for Change
Brief Review Stages of Change model (Prochaska & Diclemente's model)
The role of *importance* and *confidence*
Types of change talk found in specific stages of change
Tips to avoid the “righting reflex” and resisting the urge to fix

MI Fundamental Process to Cultivate Change
Engaging for a strong working alliance
Pitfalls of engagement
Overcoming disengagement

Focusing for Shared Goal Setting
Sources of Focus
Identifying “Change Targets”
“Zooming in” for Goal Setting

Evoking for Change Talk
Identifying Change Talk vs. Sustain Talk (aka, client excuses)
Strengthening Change Talk
Reflective responses to reduce client excuses

Case example: Carl, 67 year-old, with chronic health conditions (video vignette)

Planning for the “How” of Change
How and when to plan
Building the roadmap to change
Goal development

Importance Scales—Increase conviction to change for clients
Develop discrepancy
Why discrepancy motivates clients
When to develop discrepancy to improve outcomes
Examples of what to say to develop discrepancy
Discrepancy developing strategies:
Exchanging information
Provide feedback
Ask about other people's concerns
Supporting autonomy

Case example: Darryl, 16 year-old, youth involved in juvenile justice system

Confidence Scales—Increase self-efficacy for clients
Build hope and confidence
How hope and confidence drive change and motivation
Clinical activities that cultivate hope and confidence
9 strategies to build genuine client confidence
How to reinforce progress and find inspiration to strengthen hope

Case example: Julie, 55 year-old, divorced female with anxiety and depression

Special Topics
Reduce no shows & empower mandated clients
How to work with pre-contemplation clients
Limitations of the research and potential risks

Live Webinar Schedule
(Times listed in Pacific)

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.

Objectives

1. Apply strategies to improve clinical outcomes with clients who are resistant to change.
2. Assess barriers to eliciting commitment to change.
3. Employ strategies to improve responses to sustain talk.
4. Implement techniques to help clients build importance for change.
5. Employ ways to strengthen hope and reinforce client efforts.
6. Apply methods to promote clients' confidence to change.

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Motivational Interviewing

Evidence-based Treatment for Depression, Anxiety, Substance Abuse and More

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Motivational Interviewing

Evidence-based Treatment for Depression, Anxiety, Substance Abuse and More



Featuring **Angela Wood, PhD**, Expert Trainer from the Motivational Interviewing Network of Trainers (MINT)

- ✓ Take home over 10 strategies to increase client motivation
- ✓ Powerful scripts, case studies, and video vignettes to show change interventions
- ✓ Overcome disengagement with clients!

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Motivational Interviewing

Working with clients who resist change is exhausting and time consuming...

...And you may be increasing client resistance without even knowing it.

You spend valuable session time chipping away at the resistance to change. Then in your "off" time, you spend time thinking about why they can't change or where you might be missing the mark in your treatment approach and therapeutic relationship.

Motivational Interviewing is an effective evidence-based treatment and it's not just for substance abuse.

Motivational Interviewing can provide you with the approach you need to **ease your effort** as a clinician and **motivate clients to want to change**.


In this 1-day live webinar with Motivational Interviewing expert Angie Wood, you will walk away with:

- Tools to increase client motivation with depression, anxiety, substance abuse and trauma.
- Fewer no shows, better adherence to your treatments and clients invested in the therapeutic process.
- Powerful interventions to ease your effort as a therapist!

Angela Wood, PhD, has been a therapist for over 20 years and led hundreds of clinicians in learning Motivational Interviewing. The author of *The Motivational Interviewing Workbook: Exercises to Decide What you Want and How to Get There*, Angie has helped thousands of clients better understand their fear of change and create a safe path to actionable change behaviors.

In this live, one day webinar, Angela will share with you the most common reasons people resist change and the clinical tools to help you experience **more ease as a clinician** while the client experiences **faster symptom relief** and **accomplished goals in therapy**.

Packed with proven Motivational Interviewing techniques, visual tools, case studies and experiential exercises, you will be able to feel excited as you help the client becomes the initiator of their change (instead of you!)



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Meet Your Speaker



Angela Wood, PhD, is a licensed clinical social worker and board approved supervisor in Louisiana and faculty member at Southeastern Louisiana University with an appointment in the Department of Health and Human Sciences, Social Work Program. She has been contributing faculty with Walden University's MSW program since 2013. Dr. Wood began practicing MI in 2003 and became a member of the Motivational Interviewing Network of Trainers (MINT) in 2016. She earned an MSW from Southern Illinois University in 1992 and a Ph.D. in social work from Tulane University in 2006.

Dr. Wood has led over a hundred MI workshops and seminars since 2005. She is author of the self-help book *The Motivational Interviewing Workbook: Exercises to Decide What You Want and How to Get There*. Dr. Wood has worked with individuals, groups and families with a variety of health, mental health, addiction and other challenges across outpatient, inpatient, residential and corrections settings. Dr. Wood strives to be engaging and include practical examples to help participants incorporate MI skills and strategies into their current practice.

Speaker Disclosure:
Financial: Angela Wood maintains a private practice and has employment relationships with Southeastern Louisiana University, Walden University, and St. Thomas Community Health Center. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Angela Wood is a member of the Motivational Interviewing Network of Trainers and the National Association of Social Workers.

Target Audience:
Counselors • Social Workers • Psychologists • Addiction Counselors • Therapists • Physicians
Marriage and Family Therapists • Occupational Therapists • Nurses • Health Coaches
Probation/Parole Officers • Other behavioral health professionals

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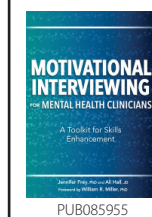
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DVD Experience:

- Self-study CE certificate available

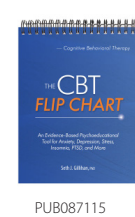
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Recommended Reading:



Motivational Interviewing for Mental Health Clinicians
A Toolkit for Skills Enhancement
Jennifer Frey, PhD & Ali Hall, JD
~~\$34.99~~ **\$24.99***

PUB085955



The CBT Flip Chart
An Evidence-Based Psychoeducational Tool for Anxiety, Depression, Stress, Insomnia, PTSD, and More
Seth J. Gillihan, PhD
~~\$34.99~~ **\$26.99***

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