

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

Objectives

1. Integrate person-centered and strategic components to improve clinical outcomes using Motivational Interviewing (MI) in a positive and supportive way.
2. Evaluate how the four processes and OARS skills of MI help reduce client ambivalence and empower change.
3. Employ 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. Determine 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.

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 Webinar Schedule
(Times listed in Central)

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.

Limited time only

Create your **FREE** directory listing

 therapist.com

Go to therapist.com/tcom to learn more.

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID EAU CLAIRE WI PERMIT NO. 32729

PESI, Inc. P.O. Box 1000 Eau Claire, WI 54702-1000

Live Online –or– On-Demand!

Motivational Interviewing

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

LIVE Interactive Webinar
Wednesday, June 7, 2023

Can't Attend Live? Get the On-Demand Training!

 **PESI**
www.pesi.com

REGISTER NOW:
pesi.com/webcast/89095

Live Online –or– On-Demand!

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

Live Interactive Webinar
Wednesday, June 7, 2023

Can't Attend Live? Get the On-Demand Training!

Register Now: pesi.com/webcast/89095

 **PESI**
www.pesi.com

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, PhD, 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!

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors
Therapists • Marriage & Family Therapists • Occupational Therapists • Physicians
Occupational Therapy Assistants • Nurses • Probation/Parole Officers
Other Mental Health Professionals

**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!
To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Adrienne Baggs** at abaggs@pesi.com or call **(850) 570-3395**.

Meet Your Speaker

Christopher C. Wagner, PhD, 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 has an employment relationship with Virginia Commonwealth University. He receives royalties as a published author. Christopher Wagner receives a speaking honorarium, recording royalties and book royalties. He has no relevant financial relationships with ineligible organizations.
Non-financial: Christopher Wagner is a member of the American Counseling Association, the American Group Psychotherapy Association, and the American Psychological Association.

CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Case Managers, Counselors, Marriage and Family Therapists, Physicians, Psychologists, Social Workers, Occupational Therapists, and Nurses.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.


National CE Credit Approvals For Live Webinar
Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.




PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.




PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2023 - January 27, 2026. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



PESI, Inc. is an AOTA Approved Provider of professional development. Approved provider# 3322. This Distance Learning-Interactive activity is offered at .6 CEUs Intermediate, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.




PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Earn up to **6.25 CE** Hours for one low price!

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs



Register Online at:
pesi.com/webcast/89095

Live Interactive Webinar (Option 1)
June 7, 2023 PWZ89094
\$219.99 tuition
8am Central time
Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)
\$219.99 POS054710
Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

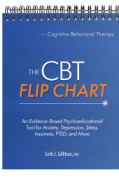
ADA NEEDS
We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS
Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING
Taxes and shipping apply where applicable, see website for details

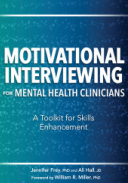
OTHER WAYS TO REGISTER
Phone: 800-726-3888
Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888





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***

PUB087115



Motivational Interviewing for Mental Health Clinicians
A Toolkit for Skills Enhancement
Jennifer Frey, PhD & Ali Hall, JD
~~\$34.99~~ **\$26.99***

PUB085955

Special Offer! Up To 25% Off!

* Discount Included with purchase of the Webinar

For all credit approvals and details, visit: www.pesi.com/webcast/89095