

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)

Case Study: *Father referred to parenting*

education by school social worker. Feels the school's concerns are overblown

Case Study: *Teenager with disturbing family conflict and her recent progress towards her health goals have stalled*

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

Case Study: *Woman with depression, loss of purpose and disconnected from life*

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
Case Study: *Lifelong smoker who has tried quitting for years*

Research Limitations and Potential Risks

Scope of practice
Ethical considerations

Learning objectives can be viewed at pesi.com/webcast/89424



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.

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.

Live Webinar Schedule

(Times listed in Eastern)

9:00 Program begins

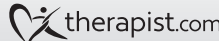
12:50-2:00 Lunch Break

5:00 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

Friday, August 4, 2023

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



REGISTER NOW:
pesi.com/webcast/89424

Live Online –or– On-Demand!

Motivational Interviewing

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



Featuring **Christopher C. Wagner, PhD**,
Expert Trainer and member of the Motivational Interviewing Network of Trainers (MINT)

- 7 simple strategies to ignite clients' motivation to change
- How to avoid the “righting reflex” and other common traps that interfere with therapeutic progress
- Treat trauma, anxiety, substance use disorders, and more using this transdiagnostic approach

Live Interactive Webinar

Friday, August 4, 2023

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

Register Now: pesi.com/webcast/89424



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

Motivational Interviewing

Get ready to make therapy so much easier.

Motivational Interviewing is the proven approach relied on by **thousands of therapists**, just like you, to ignite motivation and end the tug of war between your clients’ reasons to change and their reasons not to.

Whether you work with **trauma, anxiety, substance abuse** or a host of other issues, MI is the go-to tool that has even the toughest clients ready to **take more ownership of the therapeutic process, reach goals faster, and stay better longer**.

And now, in this **best-selling training**, you can join MI expert, author and MINT Trainer Christopher Wagner, PhD for a complete step-by-step guide on quickly and easily bringing MI into your practice so you can walk away with tools to:

- Increase client motivation with depression, anxiety, substance abuse and trauma.
- Improve client adherence to your treatments
- Help clients feel more invested in the therapeutic process
- Ease your effort as the therapist

As one of the **most trusted names** in Motivational Interviewing Dr. Wagner is the perfect person to teach you how to get the most out of MI and skillfully apply it in a variety of settings and scenarios, **from individual therapy to group work**.

You will be able to make tough therapeutic **conversations more productive and maximize opportunities for lasting change from within**.

Full of scripts, worksheets and helpful tips based on the real-life situations you see every day, Dr. Wagner will make MI simple to implement in a way that feels intuitive and easy to integrate with the approaches you already use.

If you want more clients committed to change, register now!

Here’s what your colleagues are saying about Dr. Wagner!

★★★★★
“Dr. Wagner was great, very engaging and knowledgeable! He presented information in a clear way, provided feedback and encouraged participation!” —Heather C.

★★★★★
“This was an excellent webinar! I would recommend it to others!” —Melissa F.

★★★★★
“The presenter was very knowledgeable and interacted with participants throughout the entire presentation!” —Valerie N.

★★★★★
“Excellent course!” —Patti L.

Meet Your Speaker



Christopher C. Wagner, PhD, licensed clinical psychologist, has offered hundreds of Motivational Interviewing (MI) trainings in North America, Europe, Asia, and Australia/Oceania. In addition to focusing on clinical and theoretical advances in MI, he has also developed group applications of MI and is an author of the official Guilford series book entitled *Motivational Interviewing in Groups*, co-written with long-time colleague Karen Ingersoll. Dr. Wagner has been practicing MI for over 20 years, and has served in leadership positions, including the board of directors, of the Motivational Interviewing Network of Trainers (MINT)—the leading international organization of trainers in motivational interviewing representing 40 countries across the globe.

Dr. Wagner’s experience spans across individuals with a variety of health, mental health, addiction, and employment challenges throughout outpatient, inpatient, residential, and corrections settings. He serves as an associate professor at Virginia Commonwealth University where he has focused his scholarship on expanding MI theory and practice. Dr. Wagner’s trainings are highly engaging and specialized 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.

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


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, Nurses, Occupational Therapists, Occupational Therapy Assistants, Physicians, Psychologists, and Social Workers.**


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.

 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.

 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 program is Approved by the National Association of Social Workers (Approval # 886759332-6579) for 6.0 Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab, PESI AU, PESI UK, and Psychotherapy Networker.

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/89424

Live Interactive Webinar (Option 1)

August 4, 2023 PWZ89423

\$219.99 tuition

9am Eastern 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.

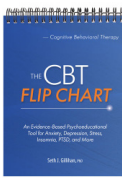
PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888



Special Offer! Up To 25% Off!

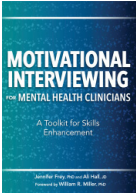


PUB087115

The CBT Flip Chart
An Evidence-Based Psychoeducational Tool for Anxiety, Depression, Stress, Insomnia, PTSD, and More

Seth J. Gillihan, PhD

~~\$39.99~~ **\$34.99***



PUB085955

Motivational Interviewing for Mental Health Clinicians
A Toolkit for Skills Enhancement

Jennifer Frey, PhD & Ali Hall, JD

~~\$34.99~~ **\$26.99***

* Discount Included with purchase of the Webinar

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

For all credit approvals and details, visit: www.pesi.com/webcast/89424