

# Motivational Interviewing Training

2 Day Workshop

**OR**

4 Day Advanced Workshop

## ***What is Motivational Interviewing?***

Motivational Interviewing is a collaborative, person-centred form of guiding to elicit and strengthen motivation for change. It is most centrally defined not by technique but by its spirit as a facilitative style for interpersonal relationship.

The practice of MI has four guiding principles:

1. To resist the righting reflex
2. To understand and explore the patient's own motivations
3. To listen with empathy
4. To empower the person, encouraging hope and optimism

## ***Program Goals:***

Through this practical program, you will develop the knowledge and skills in MI designed to help your clients explore and resolve ambivalence to change. The trainers will lead you through interactive and experiential exercises which will help you practice and understand the principles of MI.

## **2 Day Training**

This two day introductory interactive MI training will provide the opportunity to recognize, respond to and elicit change talk. The workshop will include MI spirit, principles and skills, and explore strategies

**Cost:**

\$250 (HST included). Lunch is not provided.

## **Advanced 4 Day Training**

A four day training program taking place over several weeks. Participants will have the opportunity to practice and develop their skills over time. This training will include recording and coding of individual sessions.

*PREREQUISITE:* Participants are required to have previously completed an introductory MI training program in order to register.

Participants are expected to attend all 4 days. Some reading and practice are required in between training days.

**Cost:**

\$495 (HST included). Lunch is not provided.

***CMHA also offers 1 day, 2 day, and 4 day customized Motivational Interviewing workshops. For More Information, please contact us.***

## **SESSION DATES OF 2012-2013**

### **MI 2 DAY SESSION 1**

September 20, 2012 – 9:00 a.m. – 4:30 p.m.  
September 21, 2012 – 9:00 a.m. – 4:30 p.m.

### **MI 2 DAY SESSION 2**

October 29, 2012 – 9:00 a.m. – 4:30 p.m.  
October 30, 2012 – 9:00 a.m. – 4:30 p.m.

### **MI 2 DAY SESSION 3**

November 15, 2012 – 9:00 a.m. – 4:30 p.m.  
November 16, 2012 – 9:00 a.m. – 4:30 p.m.

### **MI 2 DAY SESSION 4**

February 6, 2013 – 9:00 a.m. – 4:30 p.m.  
February 7, 2013 – 9:00 a.m. – 4:30 p.m.

### **MI 2 DAY SESSION 5**

May 27, 2013 – 9:00 a.m. – 4:30 p.m.  
May 28, 2013 – 9:00 a.m. – 4:30 p.m.

### **MI ADVANCE 4 DAY SESSION 1**

October 18, 2012 – 9:00 a.m. – 4:30 p.m.  
November 20, 2012 – 9:00 a.m. – 4:30 p.m.  
December 4, 2012 – 9:00 a.m. – 4:30 p.m.  
January 15, 2013 – 9:00 a.m. – 4:30 p.m.

### **MI ADVANCE 4 DAY SESSION 2**

February 19, 2013 – 9:00 a.m. – 4:30 p.m.  
March 26, 2013 – 9:00 a.m. – 4:30 p.m.  
April 23, 2013 – 9:00 a.m. – 4:30 p.m.  
May 21, 2013 – 9:00 a.m. – 4:30 p.m.

**Registration is limited!**

**CMHA**

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