

MOTIVATIONAL INTERVIEWING*

* Available for behavioral health, child welfare, and justice system line staff and supervisors

Motivational interviewing (MI) is a collaborative communication style that can provide the groundwork for building professional alliance when working with people to resolve their ambivalence about changing their behavior. This hands-on course provides participants with the knowledge and understanding of how to use MI to increase engagement and to identify, elicit, and respond to change talk. Participants also practice skills needed to effectively address and respond to discord.

Delivery Option	Course Length	Recommended Class Size
Virtual	4 Days, 3.5 Hrs./Day	Up to 10
In Person	2 Days, 7 Hrs./Day	Up to 16

By the end of course, participants will be able to:

- explain how MI can be used to promote behavior change
- describe the fundamental spirit of MI
- identify when to use different communication styles
- demonstrate foundational micro-skills (OARS)
- elicit, identify, and respond to change talk
- manage discord using MI techniques
- recognize and avoid common communication errors.

Additionally, by the end of the supervisor's training, participants will be able to:

- prepare staff to participate in Motivational Interviewing training
- support staff in their use of MI.

Course Fees:

Training costs are provided at a fixed rate. The rate includes pre-training preparation, material development, logistics and planning, travel expenses or IT coordination, and post-training follow-up. The cost of Motivational Interview training is \$9,850.00 for in-person and \$9,100.00 for virtual training.

Note: A purchase order or signed statement of work is required to secure training dates. Email becca.ford@empowercommunitycare.com to ask questions or learn more!