

# Motivational Interviewing

## Guiding and supporting others toward meaningful change!

Whether you're a clinician in a behavioral health setting, a supervisor trying to boost staff morale or a case manager seeing patients with diabetes and heart disease, our motivational interviewing (MI) training and coaching will help you create conversations that empower people to make meaningful changes. Based on four fundamental processes — Engaging, Focusing, Evoking and Planning — MI's evidence-based approach provides a framework for creating a dialogue about behavior change.



### **MOTIVATIONAL INTERVIEWING TRAINING: Full-day onsite training**

This training uses a variety of methods including videos, paired and small group exercises, self-reflection activities and observation. Participants will:

- ▶ Learn how to apply the four fundamental processes of MI.
- ▶ Observe and practice how to support behavior change using MI strategies.
- ▶ Leave with practical ideas and plans for integrating MI into their daily work.



### **MOTIVATIONAL INTERVIEWING TRAINING: Half-day on site, repeated morning and afternoon**

This onsite workshop provides a brief introduction to MI while minimizing time away from direct care by allowing the organization to split attendance across two time frames. Participants will learn about the four fundamental processes of MI and have an opportunity to practice with brief activities and demonstrations. Note: Booster Sessions are strongly encouraged following this training.



### **MOTIVATIONAL INTERVIEWING BOOSTER SESSIONS Three one-hour monthly calls**

Research strongly indicates that one-time training does not ensure competence in MI. Ongoing coaching and feedback are necessary to develop new habits and sustainable practices. This post-training call series uses case studies and small groups to discuss applications of MI strategies in real-world situations.

“

The instructor was very knowledgeable and addressed each participants' questions... I learned a lot from this training that I can implement in my career.

”

“

The training was structured well (interactiveness, media, peer participation). It's not another event that I will likely forget. There are things that will resonate well after the fact.

”

NATIONAL COUNCIL  
for Mental Wellbeing

THENATIONALCOUNCIL.ORG

For more information including tailored or customized needs, costs and scheduling, contact us at

[TheNationalCouncil.org/ConsultingRequest](https://www.thenationalcouncil.org/consultingrequest).