



Motivational Interviewing Training

MI was developed by Miller and Rollnick (1991) and is defined as a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. It is consciously directive in that the interviewer elicits and selectively reinforces change talk and also responds to resistance in a manner intended to extinguish it. MI is a communication method intended to **move the person toward change, focusing on exploring and resolving ambivalence as a key to eliciting that change**. Within MI, change arises through its relevance to the person's own values and concerns (Miller and Rollnick, 2002). This approach provides client-centered employment interventions and also addresses motivation as a factor influencing successful transitions to the labour market.

THE TRAINING

Beginner MI Training (Level I) Nov. 15-17, 2010 \$415+HST = \$464.80

Location: Beban Park, Nanaimo

This 3-day Motivational Interviewing training includes lecture, live-demonstrations, video demonstrations & experiential skill building practice. Participants will have the opportunity to practise each principle, strategy and interventions that deal with client's resistance that are central to Motivational Interviewing (MI). Motivational Interviewing provides effective strategies and skills for working with/in many forms of behaviour change including: mental health, chemical dependency, criminal justice, homeless services, domestic violence, employee assistance programs, vocational rehabilitation, residential care and the employment field.

During this workshop, participants will:

- Learn the basic clinical style of MI and the principles of MI and Stages of Change (SoC)
- Understand the fundamental spirit and principles of MI
- Strengthen empathic counselling skills (OARS)
- Understand and practise the directive aspects of MI
- Experience and practice an MI style for meeting resistance
- Learn the fundamental client language cues (change talk and resistance) that allow continued feedback and learning in practice.
- Spend 3 days with your colleagues in a fun, learning environment

Advanced MI Training (Level II) Nov. 12 and 13, 2010 \$415+HST = \$464.80

Location: Island Saving Centre, Duncan

PREREQUISITES: Beginner MI Training (Level I) plus Empowering Change Coaching services plus subsequent experience using MI with clients.

In this 2-day workshop participants will be guided through a sequence of learning activities to move from basic competence to more advanced clinical skillfulness in their own areas of work. Learning activities will include: real-life demonstrations, audiotape examples, "real-plays", case studies, small group exercises, and significant participant practice with feedback.

Learning Objectives include:

- Being able to describe the "spirit" and key principles of a guiding, person-centered counselling style
- Observing and debriefing demonstrations and DVD examples of MI
- Demonstrating and practising advanced skills and strategies of MI (e.g., strategic reflective listening, rolling with resistance, eliciting change talk, developing discrepancy, mobilizing core values, transitioning from phase 1 to phase 2)
- Developing a change plan
- Receiving individual feedback in MI practice behaviour

Workshop Facilitator Training Nov. 18—19, 2010 \$415+HST = \$464.80

Location: Island Saving Centre, Duncan

PREREQUISITES: Advanced MI Training plus facilitation experience.

The purpose of this 2-day training is for the facilitator to deliver workshops to participants who are assessed as being in the contemplation stage and preparation stage of change.

Facilitators will deliver the workshops on Day Two in pairs. Training material will include: Curriculum for Workshop 1 (participants in contemplation stage) and Curriculum for Workshop 2 (participants in preparation stage) and the Assessment Tool (URICA). This assessment tool, introduced in Level I, is used to identify the stage of readiness an individual is at.

***Please note only those registrants with specified prerequisites will be accepted for training for Level II and the Workshop Facilitator Training.**

For More Information: Please contact

Elaine Parmenter at elaine@ethoscmg.com or 250-741-8116 loc. 29

THE FACILITATOR

Roxanne Sawatzky's vision is to see employment service providers and others across Canada use Stages of Change and Motivational Interviewing with all demographics. She and her team bring a wealth of experience, creativity and humor to all they work with. Roxanne holds a certificate in additions counsellor and case management and is a member of the Motivational Interviewing Network of Trainers (MINT*). She is also the only Canadian Motivational Interviewing Coding Trainer in Canada. She has successfully managed a 3 yr \$1.3 million research study focused on using MI/SoC to overcome job seeker's ambivalence to attaining employment for the Manitoba Province and Federal government. Positive results speak for themselves and are available at www.ofe.ca/research.asp

Roxanne is very excited to be returning to BC to share her Motivational Interviewing skills and knowledge with former participants. She invites all those who attended Level I training to participate in the blog at: www.empoweringchange.ca

REGISTRATION FORM

Name: _____ Phone: (w) _____
Organization: _____ (h) _____
Mailing Address: _____
Email Address: _____

Workshop:

___ **Beginner MI Training (Level I)** Nov. 15—17, 2010 \$415+HST = \$464.80 Location: Nanaimo
___ **Advanced MI Training (Level II)** Nov. 12 and 13, 2010 \$415+HST = \$464.80 Location: Duncan
___ **Workshop Facilitator Training** Nov. 18—19, 2010 \$415+HST = \$464.80 Location: Duncan
Locations: Nanaimo: Beban Park, 2300 Bowen Rd. Duncan: Island Saving Centre, 2687 James Street

Payment type:

___ **PayPal:** www.ethoscmg.com/misoctraining.html Please fax reg. form to 250-741-8117.
___ **Cheque:** Mail cheque with the registration form to ETHOS Career Management Group
202 – 155 Skinner Street, Nanaimo, BC V9R 5E8 Attention: MI Training
___ **Invoice:** Please email elaine@ethoscmg.com to request an invoice for seat purchase.

***Please note only those registrants with specified prerequisites will be accepted for training for Level II and the Workshop Facilitator Training.**

Please contact Roxanne at empoweringchange@mts.net or phone 204-712-6305 to confirm acceptance into this training prior to registering.

Registration Deadline: August 31, 2010

Please understand that registration process is not complete until the registration fee is received by ETHOS and that seats will be confirmed once the fee is received.

CANCELLATION POLICY

Any request for refund must be received in writing prior to the stated registration deadline or, if no deadline is stated, at least 7 business days prior to the start of the workshop. . All refunds will be subject to an administrative fee. Please note that registration deadlines are stated for some workshops, and that ETHOS is unable to issue any refund after those deadlines.

Full refunds will be issued if the workshop is cancelled.

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