

Motivational Interviewing (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. Developed by W. R. Miller, Ph.D. and S. Rollnick, Ph.D. in 1991, it is consciously directive in that the counsellor/coach elicits and selectively reinforces change talk and also responds to resistance in a manner intended to extinguish it. Within the employment field, this approach provides client-centered interventions and also addresses motivation as a factor influencing successful transitions to the labour market.

UPCOMING TRAINING WORKSHOPS WILL BE HELD AT: 120-4243 Glanford Avenue, Victoria ([MAP](#))

LEVEL I MOTIVATIONAL INTERVIEWING

Jan. 26-28, 2012, 8.30-4.30 pm \$430 plus HST = \$481.60

During this 3 day intensive workshop, lectures, live-demonstrations, video demonstrations and experiential skill building practices will be used to introduce participants to the principles, strategies and interventions that deal with client's resistance. The small group learning activities and 'hands-on' practice sessions will enable participants to learn and practice the skills central to 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.

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-open ended questions, affirmations, reflections, summaries)
- Understand and practice the directive aspects of MI
- Experience and practice an MI style for meeting resistance "rolling with 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

*LEVEL II MOTIVATIONAL INTERVIEWING TRAINING

Jan. 30-31, 2012, 8.30-4.30 pm \$430 plus HST = \$481.60

This 2 day advanced workshop is designed for individuals who have completed introductory training in MI, and have completed a minimum of 1 hour of coaching, as well as experience using this method with clients. Participants will be guided through a sequence of learning activities to move from basic competence to more advanced clinical skilfulness in their areas of work. Learning activities will include: videotape examples, coding, small group exercises, and participant practice with feedback. Participants will need to create a 20 minute tape of a MI session to use in this training.

Participants will:

- Be able to describe the "spirit" and key principles of a guiding, person-centered counselling style
- Observe and debrief demonstrations and DVD examples of MI
- Be able to demonstrate and practice advance skills and strategies of MI (e.g., strategic reflective listening, rolling with resistance, eliciting change talk, developing discrepancy)
- Strengthen their ability to hear, elicit and strengthen change talk
- Code a 20 minute MI session

***PREREQUISITES:** Beginner MI Training (Level I), experience using MI with clients plus a minimum of one Empowering Change Coaching session.

*CHANGING CLIENT PERSPECTIVES: Using MI within Groups

Feb 1-2, 2012 8.30-4.30 pm \$430 plus HST = \$481.60

This 2-day training will enable an MI trained facilitator to deliver the "Readiness" and "Preparation" workshops to clients or program 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 an individual's stage of readiness to move forward with a change.

***PREREQUISITES:** MI Level II Training plus facilitation experience

THE FACILITATOR **Roxanne Sawatzky**

Roxanne Sawatzky is the founder of Empowering Change and was the Champion and Project Manager for the application of Stages of Change (SoC) and Motivational Interviewing in the employment sector at Opportunities for Employment in Winnipeg from 2006–2010. She successfully managed the 3 yr \$1.3 million research study with 2400 participants that focused on using MI/SoC to overcome job seeker's ambivalence to attaining employment for the Manitoba Province and Federal government. Roxanne trained project staff on the model, designed processes, procedures and curriculum that were used in the successful research study.

Roxanne, as an independent consultant, now offers this training throughout North America. **Roxanne** holds a certificate in addictions counselling 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. While there are many good Motivational Interviewing trainers, membership in the Motivational Interviewing Network of Trainers (MINT) is the only status accorded to training professionals. It is acknowledged by the MINT organization and can only be granted through direct train-the-trainer work with the model originators Dr. William R. Miller & Dr. Steve Rollnick. Roxanne went to Spain in June 2009 and as a result of the training she is now a member of the Motivational Interviewing Network of Trainers.

REGISTRATION INFORMATION

Name: _____ Phone: (w) _____
(h) _____

Company (if applicable): _____

Email Address: _____

Workshop:

- Level I (Jan. 26 - 28, 2012) \$430 plus HST = \$481.60
- Level II (Jan. 30 - 31, 2012) \$430 plus HST = \$481.60
- Changing Client Perspectives Workshop (Feb 1 - 2, 2012) \$430 plus HST = \$481.60

Payment type:

- PayPal** - www.ethoscmg.com/misotraining.html Please fax this form to 250-741-8117
- Cheque** - Mail cheque with the registration form to:
Attention: MI Training
ETHOS Career Management Group
#202 – 155 Skinner Street, Nanaimo, BC V9R 5E8
- Invoice** - Email enquiries@ethoscmg.com to request an invoice for seat purchase and include the name, phone number and email address of the participant(s).

REGISTRATION DEADLINE: December 14th, 2011

Please understand that registration is not complete until the registration fee is received. No seats will be confirmed until the fee is paid.

Refunds will not be issued once the registration deadline is passed unless another person can be found to fill the seat. Cancellation Policy below.

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.