

# Motivational Interviewing

# Training

with Becky McEnany, MA

member of The Motivational Interviewing Network of Trainers

262 Cottage St. Suite 230, Littleton, NH ~ NCHC Conference Room

## Do You...

work with people who are struggling to make life changes-- quitting smoking, changing their diets, increase exercise, etc.?

Motivational Interviewing (MI) is an evidence-based, goal-oriented style of communication designed to strengthen a person's own motivation and commitment to change.

## March

## 19 & 20, 2020

Both Days Required  
9am-4pm each day

<http://bit.ly/Spring2020MI>

### Learn:

- ▶ The benefits of using MI to support behavior change
- ▶ MI skills, strategies, processes & tools

### Practice:

- ▶ The use of MI skills & tools
- ▶ Responding to change & sustain talk

### Understand:

- ▶ The basic principles of MI
- ▶ How & when MI is most helpful

*Continuing Education Credits (completion of both days required)*

**Nursing:** North Country Health Consortium/NNH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity was approved for 12 Nursing Contact Hours. Activity #436.

**Medical:** The North Country Health Consortium/NNH AHEC, accredited by the NH Medical Society, designates this live activity for a maximum of 12 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Social Work:** This program has been approved for 12.0 Category I Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU # 3352

**For LADC:** This training has been approved by the NH Board of Licensing for Alcohol and Other Drug Use Professionals in the Categories of: 7- Therapeutic Relationship and 11- Verbal Communication for 12 hours

**CPS credits:** This program has been approved by the New Hampshire Prevention Certification Board for 12 Continuing Education Units (CEUs) in the CPS Domains of: Communication, Community Organization, and Professional Growth & Responsibility.

## Space is Limited~ Register Today!

\$150 for the two-day training (lunch on own)

For more information or to help register,  
contact [ashum@NCHCNH.org](mailto:ashum@NCHCNH.org)

### Special pricing for IDN 7 partners\*\*

\*\* Contact Anna for an IDN 7 Partner special registration code,  
\$50 for both days. [ashum@nchcnh.org](mailto:ashum@nchcnh.org) or (603) 259-4786

IDN 7 Training & Technology funds cannot be used  
to cover the registration costs for this event.



Leading innovative collaboration to improve  
the health status of Northern New Hampshire.

**NCHCNH.org**