



Motivational Interviewing: A Conversation About Change

JUNE 7 & 8, 2022 9AM-12PM (2 day training)

Continuing Education Credits Available



Virtual
Presentation by
Lisa Stockwell

Lisa Stockwell, M.Ed.,
has over 20 years
experience as a trainer,
educator, healing arts
facilitator, and coach
and is a member of
MINT (Motivational
Interviewing
International Trainers).

**5.5 Continuing
Education Credits**

For more information
on CEUs, contact
Laura Remick at
lremick@NCHCNH.org

The conversations that occur between professionals and their clients are powerful and can support or inhibit the change process that lies within us all. **Motivational Interviewing (MI), an evidenced-based technique, can make your interactions with clients more satisfying and effective.** MI is a person-centered, guiding style of communication that elicits and strengthens motivation for positive change. **This 2-day training is for professionals who want to create a well-balanced, meaningful relationships with their clients.**

Learning objectives after this training:

1. Describe active listening and its impact on behavior change
2. Explain the MI spirit, four processes, and mindset that guide MI conversations
3. Discuss discord and how it impacts the relationship
4. Identify how to effectively provide information and suggestions
5. Demonstrate the use of one or more of the micro skills of OARS
6. Describe sustain talk, change talk, and commitment language

*****This is a 2 part training. Please plan to attend both 3 hour sessions.*****

AUDIENCE

This training is for any providers of health care, behavioral health or health and human services, community health workers, recovery coaches, and anyone who works with clients/patients to help change their health behaviors for the better.

Free and Easy
Online Registration

<https://nchcnh.info/MI-May2022>

Questions? Contact Rikki Chapman at rchapman@nchcnh.org



This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number G26RH40089 as part of a financial assistance award totaling \$499,656 with 100% funded by HRSA/HHS and \$0 amount and 0% funded by nongovernment sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.