



# Motivational Interviewing I

## Program Description

Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. (Miller & Rollnick, 2013)

This 2-day workshop is designed for practitioners either new to MI or wanting a full refresher to the concepts and an opportunity for supervised practice of skills. Participants will be introduced to this evidence-based approach through an interactive, fast-paced workshop focusing on knowledge-building and fundamental skill practice.

## Topics to be covered:

By the end of the workshop participants will have sequenced the *Eight Stages of Learning Motivational Interviewing*:

- ◆ Openness to collaboration with clients' own expertise
- ◆ Proficiency in client-centered counseling, including accurate empathy
- ◆ Recognition of key aspects of client speech that guide the practice of MI
- ◆ Eliciting and strengthening client change talk
- ◆ Dancing with discord (previously known as rolling with resistance)
- ◆ Negotiating change plans
- ◆ Consolidating client commitment
- ◆ Switching flexibility between MI and other intervention styles



September 19 & 20  
8:30 am to 4:30 pm



SEAHEC  
2511 Delaney Ave  
Wilmington, NC



## Target Audience:

Helping professionals who support clients in making positive changes in their lives.

**\*\*This program is designed as a full two day event. Participants MUST attend both days in order to receive credit\*\***

**REGISTER NOW!**

NHRMC Employees Follow  
Instructions on NetLearning

## Program Objectives

Upon completion of this program, participants will be able to:

- Describe the *Spirit of MI*
- Explain MI as a counseling style
- List basic *OARS* skills
- Effectively explain *Sustain Talk* and *Discord*
- Identify key aspects of *Change Talk* (DARN-CATS).

### Day 1 Agenda

8:00 am	Registration
8:30 am	Collaboration
10:15 am	<i>Break</i>
10:30 am	Client-Centered Counseling
12:00 pm	<i>Lunch</i>
1:00 pm	How Client Speech Guides MI
2:30 pm	<i>Break</i>
2:45 pm	Client Change Talk
4:30 pm	Adjourn

### Day 2 Agenda

8:00 am	Registration
8:30 am	Dancing with Discord
10:15 am	<i>Break</i>
10:30 am	Negotiating Change
12:00 pm	<i>Lunch</i>
1:00 pm	Client Commitment
2:30 pm	<i>Break</i>
2:45 pm	MI and other Interventions
4:30 pm	Adjourn

## Faculty

**Michael McGuire, MSW, LCSW, LCAS, LMFT, CCS**, operates a private training and consulting business and is employed by the University of North Carolina at Chapel Hill School of Social Work as a Clinical Assistant Professor and the Director of the *Substance Use and Addictions Specialist* program. He is licensed as a Clinical Social Worker (LCSW), Marriage and Family Therapist (LMFT), Clinical Addictions Specialist (LCAS), and is a Certified Clinical Supervisor (CCS). His areas of interest and expertise include: staff and leadership workforce development, adolescent and family development, childhood trauma, substance use treatment, experiential learning, Service Members–Veteran–Families (SMVF), Motivational Interviewing, Feedback Informed Treatment, clinical supervision, clinical model implementation science, and ethics. Michael worked as a clinical director of a comprehensive treatment provider and more recently returned from Germany following a three-year contract working with American military families stationed abroad. He enjoys puns, travel, and personal growth. In that order.

\*This presenter is being supported through a partnership between the UNC-CH, School of Social Work and the NCAHEC Program



## Credit

**Category A NC Psychology Credit:** This program will provide 12.0 contact hours (Category A) of continuing education for North Carolina Psychologists. Partial credit will not be awarded.

**National Board Certified Counselors Credit (NBCC):** 12.0 hours

SEAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5597. Programs that do not qualify for NBCC credit are clearly identified. SEAHEC is solely responsible for all aspects of the programs.



**Substance Abuse Credit GSB(19-379-S):** 12.0 hours

**Contact Hours:** 12.0

**\*\*This program is designed as a full two day event. Participants MUST attend both days in order to receive credit\*\***

# REGISTER NOW!

NHRMC Employees Follow Instructions on NetLearning

Registration fee: \$190/\$220 includes cost of instruction, credit, and lunch.

Payment methods: Full payment must accompany your registration. Payment may be in the form of: cash, check (payable to SEAHEC), Visa or MasterCard.

In Person or by Mail: 2511 Delaney Ave.  
Wilmington, NC 28403

By Fax (*credit card only*): 866-734-4405

Online (*credit card only*): [www.seahec.net](http://www.seahec.net)

Refunds/Cancellations: Notification must be received at least two business days prior to the start date, you may choose one of the following:

- Receive a refund, minus a 30% processing fee;
- Provide us with the name of a substitute who will attend the program in your place;
- Transfer registration to a different SEAHEC program. If the transfer results in a balance due, payment is due at the time of transfer. If the transfer results in a refund, the amount refunded will be minus 30% processing fee.
- If notification is received less than 2 days prior to start date, SEAHEC is unable to process any refund option.



If you have any question concerning accessibility or special needs assistance please call 910-343-0161.



Lactation room available.  
See a SEAHEC staff member for assistance.

---

## SEAHEC REGISTRATION FORM

Event Name: <b>Introduction to Motivational Interviewing I</b>		Event # :58936 Cost: <b>\$190 [Before August 19]</b>	
Date: <b>September 19 &amp; 20, 2019</b>		<b>\$220 [After August 19]</b>	
Participant Name:			
Title/Occupation			
Preferred Email		Credentials	
Home Address			
Home City/State/Zip		Home Phone	
Workplace/Dept.		Work Phone	
Work Address			
Work City/State/Zip			
Payment Method (if applicable)	Cash	Check	Visa      MasterCard
Credit Card#		Exp Date	
Printed Name as Appears on Card			
Cardholder's Address		Zip Code	
Cardholder's Signature			