

# Introduction to Motivational Interviewing

Presented by Angela Rolleman, MSW, RSW

## Workshop Details

**June 23-24, 2016**

**9am – 4pm on June 23**

**9am – 12pm on June 24**

## Location

**The Festival Inn**

**1144 Ontario Street**

**Stratford, Ontario**

## Fees:

Early-Bird Rate: \$250 + HST

After May 22: \$270 + HST

*Fee includes lunch on day 1 and continental breakfast on both days.*

*\*Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop\**

## Registration

Register online at

**missionempowerment.ca**



## About the Workshop

Motivational Interviewing (MI), developed by clinical psychologists William Miller and Stephen Rollnick, is a directive, client-centered approach used to strengthen clients' motivation for positive behaviour change by exploring and resolving feelings of ambivalence. Research has shown that the MI approach, first developed for work with problem drinkers, is effective in activating positive behaviour change for a wide range of concerns including substance abuse, mental health problems, unhealthy relationships, diabetes management, smoking cessation, weight loss, unemployment and health care improvement. This 1½ day interactive workshop will introduce participants to the fundamental principles and techniques of motivational interviewing. Participants will also have an opportunity for hands-on practice and skill-building.

## Learning Objectives

- Describe the basic concepts of motivational interviewing, including its spirit and essential strategies
- Describe the Stages of Change model and explain the relationship between motivational interventions and stages of change
- Assess clients' readiness for change
- Implement motivational interviewing strategies to explore and resolve clients' feelings of ambivalence or resistance to change
- Identify and facilitate "change talk" in clients
- Strengthen empathic counselling skills (described by the OARS acronym)

## About the Presenter

Angela Rolleman is a registered social worker, speaker and trainer with additional training and expertise in addiction counseling. She has sixteen years of experience working in social service settings including child welfare, employment counselling, crisis counselling, health care, and addiction counselling. Angela regularly conducts training sessions for fellow helping professionals and she teaches Motivational Interviewing and Positive Psychology for the Wilfrid Laurier University Faculty of Social Work Professional Development Program. She is also on staff at the Family Health Team in Woodstock. For more information: [www.angelarolleman.com](http://www.angelarolleman.com)

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