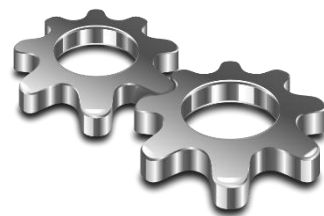




# Shifting Gears

## Introduction to Motivational Interviewing



Are you working with people who seem to be “stuck”? Learn how to guide your clients in finding their own reasons to make positive changes, using Motivational Interviewing Techniques.

## Introduction to Motivational Interviewing

**Dates:** Thursday September 21st &  
Friday September 22nd, 2017

**Times:** 8:30am to 4:00pm on Thursday &  
8:30am to 12:00pm on Friday

**Location:** Park Avenue Business Centre (PABC),  
Room 218, 25 Creek Road, Chatham

**Sponsor:** Municipality of Chatham-Kent  
Employment & Social Services Division

**Cost:** \$295 per person by cheque to:  
Municipality of Chatham-Kent  
Memo: MI training  
435 Grand Ave W, PO Box 1230,  
CHATHAM ON N7M 5L8

## Registration Deadline September 13, 2017



Questions on the training content:

[pollys@chatham-kent.ca](mailto:pollys@chatham-kent.ca) 519-351-1228 x2170

For registration and special diet requests (Thursday lunch  
and refreshments are included):

[Bonnyp@chatham-kent.ca](mailto:Bonnyp@chatham-kent.ca) 519-351-1228 Ext.2165

## About the Presenter:

**Angela Rolleman Training,  
Facilitating & Personal  
Development Services**

[www.angelarolleman.com](http://www.angelarolleman.com)



### **ANGELA ROLLEMAN, MSW, RSW**

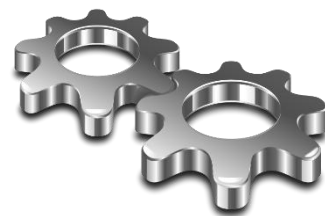
Angela is a registered Social Worker with additional training and expertise in addiction counselling. She has worked in both outpatient and residential addiction treatment settings as well as implementing the Ontario Works Addiction Services Initiative in Guelph.

Currently she is an instructor for the Wilfrid Laurier University Faculty of Social Work Professional Development Program; she has her own business providing on-site training workshops for organizations as well as personal development workshops for individuals; and she works part-time at the Family Health Team in Woodstock.

In her spare time Angela loves writing (her stories have been featured in national publications including Woman's World Magazine, Guideposts and "Chicken Soup for the Soul"). To learn more, visit [www.angelarolleman.com](http://www.angelarolleman.com)



# Shifting Gears



## Introduction to Motivational Interviewing

### **Brief Description of Session including Learning Outcomes**

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. Focus will be placed on counselling in regards to motivation to work (for employment agencies and counsellors).

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 1 ½ day interactive workshop will introduce participants to the fundamental principles and techniques of motivational interviewing.

### Learning Outcomes:

1. The basic concepts of motivational interviewing, including its spirit and essential strategies
2. The Stages of Change model and explain the relationship between motivational interventions and stages of change
3. Assessing readiness for change
4. Implementing motivational interviewing strategies to explore and resolve feelings of ambivalence or resistance to change including 8 different strategies for responding to resistance
5. Identify and facilitate "change talk" in the people they are helping including 9 different strategies for eliciting "change talk"
6. Identify, practice and strengthen empathetic counselling skills (described by the OARS acronym)
7. Practice applying MI to address difficult situations