

Motivational Interviewing (MI) is “a collaborative conversation style to strengthen a person’s own motivation and commitment to change.”
(Miller and Rollnick, 2012).

FOUNDATIONS OF MOTIVATIONAL INTERVIEWING

VIRTUAL



Introduction to Motivational Interviewing Basic Skills

November 8th, 15th, 22nd and 29th, 2024

8:00am – 12:00pm

This virtual workshop will be delivered over 4 sessions. It covers the basic skills of Motivational Interviewing:- Open-ended Questions; Affirmations; Reflections and Summaries. How to strategically respond to Change Talk and Sustain Talk. The Four Processes:- Engaging, Focusing, Evoking and Making a Brief Action Plan.



Register online at: www.healthy-living-now.ca/clinician-workshops