

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 - Virtual Workshop

May 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, & June 5<sup>th</sup>, 2026

9:00am–12:00pm

This on line workshop will run for 3 hours once a week for four sessions. Participants will have a chance to review and practice the skills of motivational interviewing. The "**SPiRT**" of motivational interviewing. Building rapport by using "**OARS**". Eliciting and responding to **Change Talk** to evoke a patient's own motivation to change and making a **Brief Action Plan**, when ready. This workshop is evidence based and was developed by CCMI, a Canadian based non-profit company with the goal to enhance communication and collaboration



Register online at: [www.healthy-living-now.ca/clinician-workshops](http://www.healthy-living-now.ca/clinician-workshops)