

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

October 1st, 8th, 15th, & 22nd, 2026

1:00pm–4:00pm

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.

Free Workshop for Healthcare Providers on ZOOM

Pre-registration is **required**, for more information:

Contact: Sally Kirby at (289) 231-0926,

Or at: skirby@southlake.ca,

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