

Introduction to Motivational Interviewing - Virtual Workshop
December 10th, 11th, 17th & 18th, 2026
Thursdays 1:00pm–4:00pm & Fridays 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.

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

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