

MOTIVATIONAL INTERVIEWING IN-PERSON TRAINING OPTIONS

DESCRIPTION:

The Motivational Interviewing (MI) Training is designed to bring a foundation of best practices and innovative approaches to human service providers. According to the founders, William Miller and Stephen Rollnick, "Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for, and commitment to, a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion." Motivational Interviewing is a critical tool for those in the helping professions. Many clients have substantial difficulty making changes around lifestyle and treatment, which are needed to live a healthy life. This MI training is designed to provide all the information one needs to implement MI effectively with clients.



TRAINING OPTIONS:

Coldspring Center offers several in-person training options.

- Introduction to Motivational Interviewing – A popular conference option, perfect for a 75-90-minute workshop. Participants will leave with an understanding of MI and ideas for implementation.
- Motivational Interviewing Theory, Skills Building, and Implementation – This training can be presented in one or two days of training. Participants will gain a thorough understanding of MI theory and how it can be utilized to improve outcomes. There are skills-building exercises included to help participants build confidence in implementing MI with clients. Additionally, the training examines strategies for implementation and continued learning.
- Motivational Interviewing Skills Building – Focuses on the implementation of theory and approaches introduced in the Motivational Interviewing online training* to improve confidence and practical application of the skills. Implemented in half-day or full-day formats, this training provides coaching, skills-building, case reviews, and brainstorming on how to implement MI with specific clients.
- Motivational Interviewing Implementation Support – Provides support and technical assistance to leaders and/or teams in the process of implementing the concepts in the online training. This support is customized to the organization's specific MI implementation needs.

EVALUATION AND CONTINUING EDUCATION CREDITS:

An in-person training evaluation and final report may be provided at the completion of the training. Individuals who complete the training may be eligible to earn Continuing Education Credits (CECs). Coldspring Center partners with the National Association of Social Workers – Colorado Chapter (NASW-CO) to provide the CECs. It is the responsibility of the organization/individual learner to confirm that their specific licensing body will accept CECs from NASW-CO.

SERVICES*

Services available	Cost
In-person training and facilitation <ul style="list-style-type: none">• 0 to 4 hours• 4 hours to 1 day	\$1,500 \$1,500 - \$3,000
Travel Expenses (airfare & baggage, ground transportation, hotel, meals)	To Be Determined
Technical Assistance, Coaching, Systems Implementation Support	\$150/hour
Webinar(s) to support implementation, facilitation, skills building	TBD

*This training is also offered online. You can find more information about the online curriculum at our website, www.ColdSpringCenter.org.

CONTACT US:

Info@ColdSpringCenter.org | www.ColdSpringCenter.org
P.O. Box 18292 | Denver, Colorado 80218
720.432.4529