

# MOTIVATIONAL INTERVIEWING

## ONLINE TRAINING – 8 CECS

### DESCRIPTION:

The Motivational Interviewing (MI) Online 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.



### ONLINE COURSES:

Includes 9 courses, approximately 8 hours of training

1. MI Basics – Presents an overview of the basics of MI and the MI Series
2. MI & Stages of Change – Examines how helpers can utilize the Stages of Change, together with MI to help conceptualize the change process
3. MI Step 1: Engage – Demonstrates how to help clients see the need and possibilities for change
4. MI & Harm Reduction – Demonstrates how MI and Harm Reduction can be used together to better engage clients in care and to set up programs and clients for success
5. MI Step 2: Focus – Provides strategies to help clients focus in a way that promotes positive life changes
6. MI Step 3: Evoke – Offers strategies to bring out change talk which increases the likelihood that positive change will occur
7. MI & the Importance Ruler – Examines a key strategy that helpers can utilize to build client confidence and motivation to change
8. MI Step 4: Plan – Assists helpers to integrate MI language into treatment and service planning
9. MI & Medical Adherence – Provides helpers with research and strategies to maximize adherence and self-management through MI and other best practices

### EVALUATION:

For Organizations, Coldspring Center will provide monthly progress reports at no extra cost, to help managers monitor their staff's progress. Each course also includes a short quiz at the end to assess knowledge acquisition. A participant level Quiz Report can be provided upon completion of the curriculum.

### CONTINUING EDUCATION CREDITS:

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.

## ONLINE TRAINING TECHNICAL REQUIREMENTS:

All training material and quizzes are managed using Coldspring Center's online Learning Center (<http://coldspringcenter.org/LearningCenter>). To access the training, the learner's web browser must support cookies and Adobe Flash. Please use Internet Explorer, Google Chrome, Mozilla Firefox, or Apple Safari. iPads are not compatible. Speakers or earbuds are highly recommended to fully access this content. For learners with hearing impairments, full script of course audio can be provided.

## SERVICES\*

	Cost	20 or more learners Discount – 20%
Motivational Interviewing (9 courses, 8 hours of training)	\$120/person	\$96/person
Coaching, Systems Implementation Assistance, Webinar support (optional for groups)	\$150/hour	

\*This training can also be offered in person, and would include additional skills-building exercises. It can be adapted to meet the specific needs of the organization.

## CONTACT US:

[Info@ColdspringCenter.org](mailto:Info@ColdspringCenter.org) | [www.ColdspringCenter.org](http://www.ColdspringCenter.org) | 720.432.4529