

MOTIVATIONAL INTERVIEWING (MI): RELATIONAL FOUNDATION



DESCRIPTION:

Motivational interviewing is an evidence-based practice used to help people overcome their ambivalence about change. In this interactive, skills-based workshop, participants will have the opportunity to learn about and practice the spirit of MI and the relational skills.

LEARNING OBJECTIVES:

- Describe Motivational Interviewing: Purpose, benefits, and limitations
- Recognize each of the 4 processes in Motivational interviewing
- Identify engagement techniques and behaviors that cause disengagement
- Incorporate the spirit of Motivational interviewing to consumer interactions.
- Recognize and practice fundamental skills: Listening, open-ended questions, affirmations, reflective listening, and summarization.



Jeanne
Louther, MS,
LPC, SAC,
MINT
member

Jeanne Louther, MS, LPC, SAC, is the Team Lead for the OARS (Opening Avenues to Reentry Success) and Keystone programs at Journey. Jeanne has 9 years of clinical experience in different settings, starting with Chrysalis as an Employment Specialist and then with Journey as a case manager at CTA (Community Treatment Alternatives) before moving to her present position with OARS/Keystone. Jeanne has studied Motivational Interviewing for the last 9 years, completing the advanced certificate program in 2015 and has been serving as a coach for MI at the CTA, conditional release and OARS programs for the last 6 years. As MI coach, Jeanne has attended several state-wide "Coaching the Coaches" seminars for MI and works intensively with staff on a 1:1 basis on implementing MI into their individual practices. In 2021 she was selected to attend the Motivational Interviewing Network of Trainers (MINT) international training to become a trainer in MI. Jeanne works daily with people with severe addictions and is a licensed Substance abuse counselor.

Jeanne happily co-exists with three dogs, two cats, a bird and several fish. In her former life, she owned and operated an equestrian center where she trained and taught people to ride horses in dressage. Hobbies include learning to play guitar, sailing, kayaking and gardening.

Date: Thursday, October 27th

Time: 9 am to 12 pm

Presenter: Jeanne Louther, MS, LPC, SAC, MINT Member

Cost: \$75

Venue: Zoom

Continuing Education Hours: 3.0 hours

Visit our website to register at journeymhc.org

Stay tuned for description of next training installment; Motivational Interviewing: Technical Component. This training will be sponsored by Journey Mental Health Center on Thursday, January 19th from 9 am to 12 pm.

3.00 CE NBCC/ACEP HOURS*

*Journey Mental Health Center has been approved by NBCC as an Approved Continuing Education Provider, ACEP

No. 6760. Programs that do not qualify for NBCC credits are clearly identified. Journey Mental Health Center is solely responsible for all aspects of this program.

