



# Motivational Interviewing Training

**The Aging and Disability Resource Collaborative of Northwest Michigan is pleased to present Motivational Interviewing Training!**

**When** - June 17th, 2016, 9:00am - 4:00pm

**Where** - Michigan Works! Conference Room, 1209 S. Garfield Avenue, Traverse City, MI 49686

**Who should attend** - Social Workers, Nurses, Information and Assistance staff and others that work with aging individuals or persons with disabilities.

**Cost / Registration** - Registration is required. The fee for this course is \$20, which includes lunch for participants.

**Course Summary** - This full-day institute is a skill-based strengths training that focuses on skill building for direct practice staff working with disability and aging issues. Four (4) modules will be presented, utilizing multimedia presentations, interactive lecture and facilitated small and large group exercises. A mixture of small group discussions, videos, case scenarios and full room exercises keep the training pace lively and engaging.

**Learning Objectives** - *Upon completion, participants will be able to:*

1. Define the concepts of a person's ambivalence and their discrepancy and explain why these conditions influence positive behavior change.
2. Review four principles of motivational interviewing that increase client-staff rapport and increase the program participant's readiness to change.
3. Be able to explain why direct confrontation in practice situations can impede behavior change.

**To register for this course, please go to ADRC's Events page, located here:**

**<http://adrcnmi.org/partner-area/events>**