

Motivational Interviewing Training

Exclusively for IDN Members



May 1 & 2, 2018, 9:00am-4:00pm

with Becky McEnany, MA, MINT Member MINT

Appalation Mountain Club, Highland Center, Bretton Woods, NH

Do You...

work with people who are struggling to change, including behaviors like quitting smoking, or changing their diets?

Motivational Interviewing (MI) is an evidence-based, goal-oriented style of communication designed to strengthen a person's own motivation and commitment to change.

Objectives:

- ▶ Describe: What is Motivational Interviewing and the "spirit" behind it.
- ▶ Describe active listening and its impact on the behavior change.
- ▶ Describe the 4 Fundamental Processes of MI.

- ▶ Describe the listening skills (OARS) used in MI framework.
- ▶ Practice the use of reflective listening skills and OARS.
- ▶ Identify the dynamics of working with sustain talk and discord.
- ▶ Recognizing and responding to change talk.

Continuing Education Credits (completion of both days required)

The North Country Health Consortium/NNH AHEC is accredited by the NH Medical Society to provide **continuing medical education for physicians**. The North Country Health Consortium/NNH AHEC designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

North Country Health Consortium/NNH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited Approver by the **American Nurses Credentialing Center's** Commission on Accreditation. This activity was approved for 12 Nursing Contact Hours. Activity #364.

For Social Worker This program has been approved for 12.0 Category I Continuing Education hours for social worker licensure. NASW Authorization Number 3352.

Licensed Alcohol and Drug Counselors and CPS, contact Laura Remick, lremick@nchcnh.org for more information.

To register, please visit:

<http://bit.ly/IDN7MItraining>

Space is Limited and open to IDN members ONLY ~ Register Today! \$90.00* (includes snacks and lunch)

For more information, contact klaundry@nchcnh.org or call 603-259-3700 x211

*IDN Training & Technology funds cannot be used to cover the registration costs for this event.



North Country
HEALTH CONSORTIUM

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