

Motivational Interviewing Training

2-day Motivational Interviewing course with Becky McEnany, MA, MINT Member

October 26 & 27, 2017, 9:00am-4:00pm

North Country Health Consortium,
262 Cottage St., Ste. 230, Littleton, 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 for Training:

- ▶ 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 *Completion of both days is required*

- ▶ **Nursing:** 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.
- ▶ **Medical:** The North Country Health Consortium/NNH AHEC, accredited by the NH Medical Society, designates this live activity for a maximum of 12 **AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Space is Limited ~ Register Today!

Tuition ▶ \$150.00 (meals on own)

To register, please visit ▶ <http://bit.ly/MIfall2017>

For more information, contact ▶ BMcEnany@nchcnh.org or call 603-259-3700 x254



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