

# Motivational Interviewing

# Training

with **Becky McEnany, MA**

member of The Motivational Interviewing Network of Trainers

262 Cottage St., Littleton, NH- AHEAD Conference Room (1st Floor)

## 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.

**Still room!  
Sign up  
Today...**

9am-4pm each day

Oct. 24 & 25, 2018:

<http://bit.ly/MI-OCT2018>

**Space is Limited~ Register Today!**

\$150 for the two-day training (lunch on own)

For more information,  
contact [bmcenany@NCHCNH.org](mailto:bmcenany@NCHCNH.org)

**Special pricing for IDN partners\*\***

\*\* Contact Kailene Laundry for an IDN Partner special registration code,  
\$50 for both days. [klaundry@nchcnh.org](mailto:klaundry@nchcnh.org) or (603) 259-3700 x 211  
IDN Training & Technology funds cannot be used  
to cover the registration costs for this event.

## 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.
- ▶ 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.
- ▶ Describe the listening skills (OARS) used in MI framework.

*Continuing Education Credits (completion of both days 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)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Social Work:** This program has been approved for 12.0 Category I Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU # 3352

**For LADC and CPS credits:** Contact [lremick@nchcnh.org](mailto:lremick@nchcnh.org) for details.



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