



# Motivational Interviewing

Empower your clients and staff to make meaningful change

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Whether you're a clinician in a behavioral health setting, a supervisor trying to boost staff morale or a case manager seeing patients with diabetes and heart disease, our Motivational Interviewing (MI) services will help you create conversations that empower people to make meaningful changes. Based on four fundamental processes — **Engaging, Focusing, Evoking and Planning** — MI's evidence-based approach provides a framework for creating a dialogue about behavior change.

## CONSULTING SERVICES:

### OUR MOST POPULAR OPTION

#### Motivational Interviewing Training - Full-day onsite training

\$4000 per member/\$4500 per non-member

"This training uses a variety of methods including videos, paired and small group exercises, self-reflection activities and observation.

Participants will:"

- Learn how to apply the four fundamental processes of MI;
- Observe and practice how to prompt behavior change using MI strategies; and
- Leave with practical ideas and plans for integrating MI into their daily work.

#### Motivational Interviewing Training - Half-day onsite, repeated AM and PM

\$4000 per member/\$4500 per non-member

This onsite workshop provides a taste of MI while minimizing time away from direct care by allowing the organization to split attendance across two time frames. Participants will learn about the four fundamental processes of MI and have an opportunity to practice with brief activities and demonstrations. Note: Booster sessions listed below are strongly encouraged following this training.

#### Motivational Interviewing Booster Sessions - Three 1-hour monthly calls

\$250 per hour member/\$275 per hour non-member

Research suggests that one-time training does not ensure competency in MI. Ongoing coaching and feedback are necessary to enhance skills and develop sustainability. This series of calls is for prior training participants who want to hone their skills through bonus practice and feedback. Reading materials, tips and tools are provided between calls.

*"The instructor was very knowledgeable and addressed each participants' questions...I learned a lot from this training that I can implement in my career."*

*"[The] training was structured well (interactiveness, media, peer participation). It's not another event that I will likely forget, there are things that will resonate well after the fact."*

**FOR MORE INFORMATION ON PRICING, TAILORING A CONSULTING SERVICE OR TO SCHEDULE A TRAINING, PLEASE CONTACT STEPHANIE SWANSON AT [STEPHANIES@THENATIONALCOUNCIL.ORG](mailto:STEPHANIES@THENATIONALCOUNCIL.ORG) OR VISIT [WWW.THENATIONALCOUNCIL.ORG/MOTIVATIONALINTERVIEWING](http://WWW.THENATIONALCOUNCIL.ORG/MOTIVATIONALINTERVIEWING)**