Motivational Interviewing
Guiding and supporting others toward meaningful change!

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) training and coaching 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.

Full-day virtual (two half-days) or in-person training

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 MI strategies.

— Leave with practical ideas for integrating MI into daily work.

Half-day virtual or in-person training

This workshop provides a brief introduction to 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.

Consultation Calls

Research strongly indicates that one-time training does not ensure competence in MI. Ongoing coaching and feedback are necessary to develop new habits and sustainable practices. This post-training call series uses case studies and small groups to discuss applications of MI strategies in real-world situations.

"Really enjoyed the myriad opportunities and formats to engage and reinforce learnings during the session. Pam's guidance is wonderful!"
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"I have been to several trainings recently that felt really flat and this was very dynamic! Thank you!"
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"Pam is one of the VERY BEST trainers I have ever had. Period."

For more information including customized needs, costs and scheduling, contact TheNationalCouncil.org/ConsultingRequest.

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for Mental Wellbeing

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