



## **Workshop Announcement**

### ***Motivational Interviewing: Helping Clients Overcome Ambivalence***

**Presenter: Donna Johnson**

**Where? 1850 Parkway Place, 5<sup>th</sup> Floor Conference Room, Marietta GA 30067**

**When? Friday June 8, 2018**

**On-site Registration & free Continental Breakfast from 8:00a to 9:00a; Workshop 9a-4p**

Motivational Interviewing (MI) is a versatile, directive, client-centered style of helping and counseling people in a variety of settings. MI skills help people resolve ambivalent feelings and find the motivation they need to change their behaviors that are preventing them from making healthier choices. For those clients who are not ready to change, MI helps clinicians move the client through the emotional stages of change necessary for action. Participants will leave this workshop with fresh new approaches for working with resistant or ambivalent clients, patients or students.

#### **About the Trainer:**

Donna Johnson, is a Nationally and Internationally recognized speaker/trainer in the areas of Motivational Interviewing, Addiction, Criminality, and Co-Occurring Disorders.

#### **Learning Objectives:**

- Gain an understanding of the techniques and strategies of Motivational Interviewing
- Examine how to use MI to treat substance abuse, eating disorders, medication compliance, dual diagnosis and more
- Determine how to overcome the client's resistance to change and enhance the client's intrinsic motivation
- Outline effective opening strategies that prepare the client for change
- Discuss the proper use of reflective listening
- Assess the effective use of feedback in eliciting positive behavioral change
- Develop skills for avoiding the "traps" that hinder the helping professional from being an effective behavioral change agent
- Examine video case studies and observe the techniques of MI in action

**Registration Cost: \$99.00 Includes 6 CE hours (pending approval). Please register today.**

**Space is limited. Please complete the attached registration form.**

**For more information, please contact us at [providerrelations@ESPYP.com](mailto:providerrelations@ESPYP.com) or call 800-522-1073.**