Motivational Interviewing

Two Day Course
Fridays, October 25 & November 1
9am - 4pm

Edinboro University
Frank G. Pogue Student Center, 143

Course fee $200
$189 early bird registration by October 11
Ask about student discount

12 CEUS

Edinboro University’s Social Work programs are fully accredited by the Council on Social Work Education (CSWE). We are a pre-approved Provider of Social Work Continuing Education by the Pa. State Board of Social Workers, Marriage and Family Therapists and Professional Counselors.

Overview:
This two-day workshop will provide an introductory overview of Motivational Interviewing (MI). Topics covered will include the spirit of MI, core skills, four processes, strategies for recognizing and responding effectively to change and sustain talk and some of the emerging theory on how and why MI is effective. Participants will also have the opportunity to explore opportunities and challenges to building organizational cultures that promote the spirit and development of skills in MI. The workshop will include didactic instruction, experiential exercises, small and larger group process conversations and demonstration and practice of MI spirit and skills.

*Please note, the Motivational Interviewing Network of Trainers does not currently provide a certification in Motivational Interviewing skills.

Space is limited.
Registration and payment can be made online at:
www.edinboro.edu/ContinuingEducationStore
or by contacting Jordan Gass at jgass@edinboro.edu or 814-732-1250.

Learning Objectives
Day One:

• 9 – 9:30am
  Introductions and orientation to training

• 9:30 – 10:15am
  MI-style discussion of workshop participant motivations for being in workshop

• 10:15 – 10:30am
  Introduction of “formal” definition of MI

• 10:40 – 3:40pm
  Four processes of MI (engaging, focusing, evoking, planning) and process traps

• 3:40 – 4:00pm
  Wrapping up and assigning outside work

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About the Instructor:
Steven W. Halady, Ph.D., LCSW, works as an addictions counselor in a drug and alcohol rehab outside of Niagara Falls, NY, where he provides individual, group and family treatment and case management services. Since 2018, Dr. Halady has served as a trainer for Motivational Interviewing, and has provided MI skills coaching to small cohorts. Dr. Halady is in the process of becoming a member of the Motivational Interviewing Network of Trainers and is scheduled to complete this process in September 2019. In addition to Motivational Interviewing, Dr. Halady provides training on working effectively with individuals and families who identify as LGBTQ. He also serves on his agency’s Diversity and Inclusion Committee and provides peer coaching for developing client engagement skills to clinical and non-clinical staff. Before becoming a social worker, Dr. Halady earned his Ph.D. in philosophy and worked as a professor at a small liberal arts college in Buffalo, NY. He has taught with Edinboro University’s Social Work Department as a part-time instructor in the online MSW program since 2015. Dr. Halady lives just outside of Buffalo with his husband and two cats.

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Learning Objectives Day Two:

- 9 – 9:30am
  Review of outside work and processing of impacts of using spirit and skills of MI
- 9:30 – 10:00am
  Ambivalence and change talk (preparatory and mobilizing)
- 10:00 – 10:15am
  Empirical and theoretical information regarding change talk
- 10:15 – 10:30am
  Group discussion processing learning and application of material
- 10:40 – 10:55am
  Strategies for evoking change talk
- 10:55 – 11:10am
  Strategies for providing information
- 11:10 – 11:30am
  Identifying and responding to sustain talk
- 11:30 – 11:50am
  Identifying and responding to discord
- 11:50 – Noon
  Questions and review
- 1:00 – 1:15pm
  Review and check-in
- 1:15 – 1:35pm
  Small group activity – workplace environment and discord
- 1:35 – 1:50pm
  Processing small group activity
- 1:50 – 2:15pm
  Small group planning skills practice exercise
- 2:15 – 2:30pm
  Large group processing of activities
- 2:40 – 2:55pm
  Review of skills and information, questions, check-in
- 2:55 – 3:45pm
  Facilitator “real play” demonstrations and processing
- 3:45 – 4:00pm
  Opportunities for further training or information, questions, wrapping up

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