



Motivational Interviewing

Facilitating Therapeutic Change

Presented by

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Overview

Motivational interviewing (MI) is a way of talking with people about change that strengthens their own motivation and commitment and empowers them to take constructive action. Through an accepting, collaborative relationship and special attention to the language of change, MI helps practitioners sidestep or defuse the common cycle of pressure and resistance with clients who are ambivalent and resolve ambivalence about change through a focus on the client's own values, goals, and strengths.

With more than 2,000 published studies and application in a wide variety of mental health, substance use, and health behavior settings, MI is an approach whose brevity, adaptability, and clinical wisdom have made it especially appealing to practitioners around the world. In this lively and interactive program, Dr. Zuckoff will describe, illustrate, and demonstrate how MI can be used to help clients change.

Objectives: Participants will be able to:

- Describe the relationship between ambivalence, resistance, and motivation for change
- Describe the Spirit and Tasks of MI
- Identify how to quickly engage clients by avoiding traps, establishing trust, and defusing discord
- Identify how to increase importance and confidence for change by recognizing, responding to, and evoking change talk
- Identify how to use the Values Card Sort and Scaling strategies to enhance motivation and readiness to change

Ambivalence and Change: The Spirit and Tasks of Motivational Interviewing (1:30)

- When do people change?
- How can we facilitate change?
-

Engaging: Establishing Trust and Safety (1: 29)

- Using OARS
- Avoiding Traps and Defusing Discord

Evoking: We Learn What We Think As We Hear Ourselves Speak (Part 1) (1: 36)

- Change Talk: Expressing Importance and Confidence for Change
- Recognizing change talk
- Responding to change talk
- Eliciting change talk
-

Evoking: We Learn What We Think As We Hear Ourselves Speak (Part 2) (1: 32)

- Building importance through the Values Card Sort
- Building Confidence through Scaling

Allan Zuckoff, Ph.D. is a clinical psychologist who has specialized in motivational interviewing training, research, and practice for more than 25 years. A member of the Motivational Interviewing Network of Trainers (MINT), he is past Chair of the MINT Board of Directors and was Editor of the *MINT Bulletin* and the online journal *Motivational Interviewing: Training, Research, Implementation, Practice*. He has been an international trainer of MI trainers. He has published more than 40 articles and chapters and 2 books related to this work, including *Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There* (with Bonnie Gorscak, Ph.D.), and *Improving Treatment Compliance: Counseling and Systems Strategies for Substance Abuse and Dual Disorders* (with Dennis C. Daley, Ph.D.).

6 CE Hours for Psychologists Counselors Social Workers MFT

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Practice Level—Intermediate

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