

INTRODUCTION TO MOTIVATIONAL INTERVIEWING



DATE & TIME

TUESDAY, MARCH 24
9 A.M.—5 P.M.

LOCATION

SVECC-AUDITORIUM
3845 SPRING DRIVE
SPRING VALLEY, CA 91977

TRAINERS

IAN SCHERE
PHD, MINT

REGISTRATION

www.sdyouthservices.org
Please contact the
Training Department for
special needs
accommodations or
grievances at
training@sdyouthservices.org

Fee: \$ 120

**Free for SDYS Staff and
Volunteers**

**Refunds will not be
provided for non-
attendance. Refunds
will be given for
trainings cancelled by
SDYS.**

*Certificates of Completion will be
distributed within one week of the
training.

Please Register at

sdyouthservices.org

(Under the "Get Involved" Tab!)

SDYS Staff and Volunteers: email Training Department

Overview

A beginning level training on Motivational Interviewing will introduce the underlying concepts of MI such as communication style, motivation, change and spirit associated with MI. This training will teach the processes and techniques of using MI. In addition, participants will practice techniques and skills using role-play and structured vignettes. Participants will be observed and receive feedback based on their MI skills practice.

Learning Objectives

- To experience the basics of Motivational Interviewing and decide your level of interest in learning more
- To learn and practice the fundamental spirit and principles of Motivational Interviewing
- To directly experience and practice the Motivational Interviewing approach in structured vignettes
- Identify spirit and techniques, as well as communication styles, the process and stages of change
- Apply the MI method to form a collaborative relationship