



COLLABORATIVE  
Change Solutions

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## Motivational Interviewing: Custom Services and Solutions

Collaborative Change Solutions (CCS) conducts basic, intermediate and advanced level continuing education trainings on the topic of Motivational Interviewing (MI). In addition, CCS consults with organizations and agencies on the integration of MI into services and interventions, and provides mentoring and supervision to practitioners who want to expand their practice. Services are customized to individual and organizational needs.

### Presentations, Workshops and Trainings

CCS provides presentations, half-day workshops, and one-day or multi-day trainings on a variety of topics related to MI. Topics are tailored to audience needs and interests. Examples include the following:

#### **Introduction to Motivational Interviewing**

A one hour presentation that introduces participants to the main principles of MI.

#### **Motivational Interviewing: Half-Day Primer**

A half-day workshop that provides an overview of MI and allows participants the opportunity to practice at least two essential MI skills.

#### **Basic 2-Day Motivational Interviewing Training**

An introductory workshop on MI applications, and techniques. Participants learn the conceptual foundation of MI and practice several skills.

#### **Advanced 1-Day Training**

For participants who have completed the 2-day basic training, this workshop is primarily experiential and allows participants to conduct structured practice with supportive and corrective feedback from MI trainers.

#### **Custom Trainings**

Examples include:

- Motivational Interviewing for Health Care Practitioners
- Motivational Interviewing for Dietary Change
- Advanced Motivational Interviewing for Health Coaches
- Motivational Interviewing in the Treatment of Substance Abuse
- Motivational Interviewing Skills Development Workshop
- Integration of Motivational Interviewing into Group Therapy

Contact CCS to design and deliver a program for your group.  
[info@collaborativechangesolutions.com](mailto:info@collaborativechangesolutions.com), or call 412-445-9908.

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## Consultation

CCS can collaborate with you or your organization to improve outcomes, increase practitioner competence and engagement, and create a healthier, more productive work environment.

## Program Development

CCS collaborates with organizations and agencies to improve outcomes by integrating MI principles and concepts into health behavior change programs, such as nutrition improvement and weight management, tobacco cessation, substance abuse treatment, and chronic disease prevention and management, as well as clinical and research-based interventions.

## Organizational Development

CCS consults with companies and agencies to create healthier, more productive organizational systems and work cultures by presenting to and coaching supervisors and employees on the utilization of core MI skills in their daily interactions.

## Skill Development

Consultation is also provided via in-person and telephonic mentoring and coaching for individuals and groups who are interested in expanding their practice of MI, or increasing their level of competence.

Consultation is tailored to the needs of the individual or group and may be defined by three, six or twelve sessions over a specified period.

Sessions may include:

- Review of audio-taped MI sessions, and trainer feedback utilizing the Motivational Interviewing Treatment Integrity Skills Code (MITI)
- Role play and feedback
- Discussion of MI conceptual foundation and techniques
- Application of MI in specific clinical and coaching encounters

## About Collaborative Change Solutions

Collaborative Change Solutions (CCS) is a training and consulting company that assists individuals and organizations to develop and refine skills that facilitate positive change. Dr. Steve Feinstein and Anne Marie Kuchera, CCS Principals and Trainers are members of the Motivational Interviewing Network of Trainers. Combined, their expertise in the application of motivational interviewing includes, weight management, health promotion and wellness, substance abuse treatment, tobacco cessation, chronic disease prevention and treatment, dietary change, stress management, life transitions and more.

To learn more about CCS Custom Services and Solutions, and how CCS can collaborate with you or your organization, please contact us at [info@collaborativechangesolutions.com](mailto:info@collaborativechangesolutions.com), or call 412-445-9908.

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