

Collaborative Change Solutions LLC
P.O. Box 5097
Pittsburgh, PA 15206

**Motivational Interviewing:
Core Skills Training**

Continuing Education Seminar
7 Hours Credit

Learn how to create an atmosphere that promotes positive change.
Gain skills to strengthen client motivation, confidence and commitment.

Motivational Interviewing Core Skills Training

A one-day workshop for Motivational Interviewing skill development

7 Continuing Education Credit Hours

Continuing Education Credit for
Psychologists, Counselors, Social Workers,
Marriage & Family Therapists,
Registered Dietitians/Licensed Nutritionists

November 5, 2009
Pittsburgh, PA

Presented by



COLLABORATIVE
Change Solutions

Sponsored by Greater Pittsburgh
Psychological Association

CONTINUING EDUCATION

This program is sponsored by the Greater Pittsburgh Psychological Association (GPPA). GPPA is approved by the American Psychological Association (APA) to sponsor continuing education for Psychologists. GPPA maintains responsibility for this program and its contents. Social Workers, Marriage and Family Therapists, and Professional Counselors in Pennsylvania can receive continuing education from continuing education providers approved by the APA. **For more information contact Kit Gautier, Ph.D., GPPA CE Committee, at (412) 401-5054 or claragautier@yahoo.com.**

Application has been made to the Commission on Dietetic Registration for continuing education credits for registered dietitians.

OTHER HEALTH PROFESSIONALS:

All participants who successfully complete this course will receive a course completion certificate. Health professionals, other than the aforementioned (i.e., nurses, case managers, physical therapists, physicians), may contact their respective regulatory boards regarding credits for continuing education.

In order to receive CE credits and a certificate of completion, participants must attend the training in its entirety.

For more information, please call
412-445-9908, or email
info@collaborativechangesolutions.com

TRAINERS

Steven J. Feinstein, Ph.D.

Dr. Feinstein is a licensed psychologist in Pennsylvania. He specializes in assisting others to make positive health changes. His training goals are to facilitate an interactive learning environment, characterized by collaboration, along with both supportive and constructive feedback. Special emphasis is on applying new skills for improved clinical outcomes. Dr. Feinstein has experience consulting, supervising and providing direct clinical care in a variety of settings.

Anne Marie R. Kuchera, MS, MA, RD

Anne Marie is a licensed professional counselor and a licensed dietitian/nutritionist. She specializes in lifestyle change interventions for weight management, health promotion, disease prevention and management. A vibrant speaker, she has presented to both professional and lay audiences on a variety of topics related to health behavior and lifestyle change.

CCS trainers are extensively trained in motivational interviewing and are members of the Motivational Interviewing Network of Trainers.

ABOUT COLLABORATIVE CHANGE SOLUTIONS, LLC (CCS)

CCS is a training and consulting company that assists professionals in developing skills that facilitate positive change. We tailor our services to meet individual and organizational needs. Visit us at www.collaborativechangesolutions.com.

What is Motivational Interviewing (MI)?

MI is a client centered and directive counseling method that enhances intrinsic motivation for making behavior changes by exploring and resolving ambivalence.

Based on the work of Drs. William Miller and Stephen Rollnick, MI has become an essential clinical skill in the treatment of a number of health conditions, and has been incorporated into the care of drug and alcohol problems, tobacco use, weight management, eating disorders, diabetes management, cardiac rehabilitation, medication compliance, and general lifestyle changes for health improvement and disease prevention.

ABOUT THIS TRAINING

This one-day workshop will provide a brief introduction to MI philosophy and principles, and help participants learn and understand the foundational skills of motivational interviewing, including reflective listening, collaborative agenda setting, responding to resistance and offering information and advice.

Participants will gain experience applying the core skills of MI in a supportive, energetic and interactive learning environment, and discover new ways to interact with clients that increases engagement and activation in treatment, enhances confidence, motivation and commitment to change, and ultimately leads to improved health outcomes.

In addition, this workshop is designed to facilitate effective application of skills to work settings and help participants identify strategies for continued skill development.

THIS TRAINING ADDRESSES:

- Background and conceptual foundations of motivational interviewing
- Overview of empirical evidence of MI's application to multiple health behaviors
- Interpersonal style of motivational interviewing and core communication skills
- Essential components of behavior change
- Strategies for building motivation to change
- Valuable methods for enhancing treatment compliance and client activation
- Ways to apply MI in various settings and situations
- Effective strategies for continued MI skill development

TRAINING WILL ENABLE PARTICIPANTS TO:

- Apply MI skills during interpersonal encounters
- Utilize MI when working with a variety of different client populations
- Create a safe and supportive atmosphere that promotes positive change
- Explore and resolve clients' ambivalence about making and sustaining behavior changes
- Respond to client resistance in ways that maintain rapport and enhance collaboration
- Elicit clients' "change talk" to guide intervention toward positive health changes
- Strengthen clients' desire, confidence, and commitment to change
- Integrate MI skills into their clinical practice and/or organizational culture

PROGRAM INFORMATION

DATE & TIME:

Thursday, November 5, 2009
8:00 am – 4:30 pm

LOCATION:

Hampton Inn & Suites Pittsburgh
1247 Smallman St. Pgh., PA 15222
412-288-4350

Located in the Strip District of Pittsburgh, across from the Heinz History Center

HOTEL INFORMATION:

For driving directions, room reservations, or special accommodations, please call the hotel directly.

MEALS & REFRESHMENTS:

Morning and afternoon beverage refreshments will be provided. A lunch break (on your own) will take place from 11:30 – 1:00.

TUITION:

- Includes course manual
- **\$139** per person
- **\$119** per person with 3 or more registrations submitted together (group rate)

***Trainings are limited to 30 participants. Please register early if you are planning to attend. On-site registrations are unable to be accepted.**

Cancellation before October 22 will receive a full refund, less \$25. Cancellation between October 22 and October 29 will receive a 50% refund of the registration. Cancellation after October 29 is non-refundable.

If you are not able to attend, but would like to be notified of future trainings, please email info@collaborativechangesolutions.com to be added to our mailing list.

REGISTRATION FORM

Name (Please print clearly)

Address

City/State/Zip

Daytime Phone

Email address

Employer

Profession

To register, please check:

____ Individual Registration - \$139.00

____ Group Registration - \$119.00

Please identify the other registrants in your group.

Check method of payment:

___ **Check** - payable to Collaborative Change Solutions.
Please enclose full payment with registration form.

___ **Credit card** - go to website,
www.collaborativechangesolutions.com.
Note: Please submit registration form by mail.

Mail completed form to:
Collaborative Change Solutions
P.O. Box 5097
Pittsburgh, PA 15206

Please indicate if you may have special needs.