



# Motivational Interviewing 2018 Training Series

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## Two-Day Introduction to Motivational Interviewing (MI)

May 3-4th, 2018 - \$450

This 2-day intensive workshop (part of an MI training series- ask for flyer) will:

1. Describe the “spirit,” key principles and four processes of Motivational Interviewing (MI)
2. Critically engage MI demonstrations via videos and live examples
3. Demonstrate and practice the spirit and primary skills associated with MI, with specific attention to evoking change talk
4. Become familiar with and practice the range of skills used in MI to engage with clients, focus the scope of the work, evoke change talk, dancing with discord and negotiate a change plan

## Advanced Topics: Cultivating Change Talk

June 26th, 2018 - \$225

In this 1-day workshop you will:

1. Deepen your ability to recognize change talk and sustain talk
2. Practice cultivating change talk and softening sustain talk
3. Deepen your ability to evaluate your own skills of cultivating and responding to change talk

## Two-Day Intermediate/Advanced MI

September 27<sup>th</sup>-28<sup>th</sup>, 2018 - \$450

This 2-day intensive workshop (part of an MI training series- ask for full flyer) will:

1. Explore what is new in MI from the MI-3 text
2. Deepen OARS skills
3. Deepen your ability to recognize, elicit, and respond to change talk
4. Grow your dancing with discord skills
5. Learn strategies for if, when, how to initiate a change plan with a client/patient
6. Learn how to offer information and education in an MI consistent manner

*Held in Beautiful Portland, Oregon*



**Denise Ernst, Ph.D.**  
MI Training and Consulting

To register or get more information about the series  
or discounts for training combinations go to  
[deniseernst.com](http://deniseernst.com) or [wahabtraining.com](http://wahabtraining.com)



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