

## **Three Day Training Introduction to Motivational Interviewing**

**Presented by: Cathy Cole, MSSW, LCSW cathycoletraining,inc**

**<http://www.cathycoletraining.com>**

**Motivational Interviewing Network of Trainers since 1995**

**Number of participants: limited to 15**

**When: Monday through Wednesday**

**November 18-20, 2008**

**9am-4pm daily**

**Location: The Century Center, 100 North Greensboro Street Carrboro, NC**

**A handicapped accessible facility**

**Closest airport: Raleigh Durham International**

**Link for local hotels:**

**<http://www.chocvb.org/visitor/110/orange-county-nc-accommodations/>**

**Cost: \$550**

**Why should you attend this workshop?**

**Motivational Interviewing is defined by William R. Miller and Stephen Rollnick, the authors of the approach, as a 'client centered directive method for enhancing intrinsic motivation for change by exploring and resolving ambivalence'.**

**The concept of Motivational Interviewing evolved from experience with problem drinkers and now encompasses in its effectiveness work with a wide range of concerns such as health care improvement, high risk sexual behaviors, diabetes management, and mental health problems. Professionals from across the world are now using a Motivational Interviewing approach to explore and resolve ambivalence for change. A growing body of research supports this method for eliciting and supporting change talk that leads to action.**

**In this three day, interactive workshop participants will learn the Principles of MI, the Opening Strategies, Methods for Eliciting Change Talk, and ways to Roll with Resistance. Multiple demonstrations and opportunities for practice are provided. Most importantly, participants will be able to embody the 'Spirit of MI' in their own settings within the parameters of their interactions with clients.**

**Reading two texts, Motivational Interviewing, Preparing People for Change, Miller and Rollnick, 2002, Guilford Press and Motivational Interviewing in Health Care, Rollnick, Miller, and Butler, 2007, Guilford Press is recommended prior to attendance.**

**Instructor:**

**Cathy Cole, MSSW, LCSW is an educator and clinician. She received her Masters of Science in Social Work from the University of Tennessee and has maintained a varied clinical and education practice throughout her career. Since her training in Motivational Interviewing in 1995, she has provided extensive training.**

**Ms. Cole is a Consulting Associate in the Department of Psychiatry at Duke University Medical School, and Adjunct Professor at the University of North Carolina School of Social Work at Chapel Hill, and a member of the Motivational Interviewing Network of Trainers.**

**For more information, visit <http://www.cathycoletraining.com>.**

**To register:**

- 1. Email Cathy Cole at [cathy@cathycoletraining.com](mailto:cathy@cathycoletraining.com) to reserve a spot.**
- 2. Indicate method of payment:**
  - a. Check to Cathy Cole for \$550 POB 17271 Chapel Hill, NC 27516-7271**
  - b. Pay by credit card at [http://www.cathycoletraining.com/paypal\\_payments.php](http://www.cathycoletraining.com/paypal_payments.php)**
  - c. Check from institution: Indicate payment from what institution:**