

Motivational Interviewing (2-Day Workshop)

Motivational Interviewing (MI) is a particular way of talking with people about change and growth. Intentional and skillful guiding of conversations can enhance their intrinsic motivation by exploring and resolving their ambivalence.

Participants will learn to apply MI in an interactive/fun learning environment while discovering new perspectives on ways to interact with clients to enhance their confidence, motivation and commitment to change.

Course Outcomes:

1. The participant will understand and feel the Spirit of Motivational Interviewing.
2. The participant will demonstrate the micro-skills of MI (OARS) Open-Ended Questions, Affirmations, Reflections, and Summarizing.
3. The participant will demonstrate the ability to recognize and respond to Change-talk/Sustain- talk statements.

Course Details:

Trainer Name: Kelly Burda
Trainer Email: Kelly.Burda@AlleghenyCounty.US
Location: ZOOM
Times: 8:30 a.m. to 3:30 p.m.

Course Dates and Registration:

01/16/2025, 01/17/2025 - [Click to register](#)
02/06/2025, 02/07/2025 - [Click to register](#)
03/06/2025, 03/07/2025 - [Click to register](#)
04/10/2025, 04/11/2025 - [Click to register](#)
05/08/2025, 05/09/2025 - [Click to register](#)
06/05/2025, 06/06/2025 - [Click to register](#)
07/07/2025, 07/08/2025 - [Click to register](#)
08/14/2025, 08/15/2025 - [Click to register](#)
09/10/2025, 09/11/2025 - [Click to register](#)
10/09/2025, 10/10/2025 - [Click to register](#)
11/05/2025, 11/06/2025 - [Click to register](#)
12/01/2025, 12/02/2025 - [Click to register](#)