

FREE

Motivational Interviewing Basics

February 24, 2020 | 9am - 4:30pm | Alice Peck Day Hospital (Dwinell Conference Room)
10 Alice Peck Day Dr, Lebanon, NH 03766

Presented by Ginger Ross, CRSW

Finding recovery involves change in behavior and internal conflict naturally arises when confronted with change. The strategies of Motivational Interviewing enable a recovery coach to lead others in understanding ambivalence, identifying the need for change, and also helps to strengthen a commitment to change.



This training has been pre approved by the NH Licensing Board of Alcohol and Other Drug Use Professionals for 6 CEs.



Overview:

This training is for those who wish to gain a basic foundation on Motivational Interviewing skills. This course is designed to educate participants on the spirit of MI; understanding the skill is used intentionally, as well as the basic techniques of Motivational Interviewing skills in a recovery support worker role.



Goals & Objectives:

- Understand the spirit of MI
- Learn the principles of MI
- Gain fundamental knowledge around OARS
- Be able to use OARS by the end of the training
- Understand ambivalence
- Introduction to MI concept of Change Talk



Thank You to Our Sponsors:



Greater Sullivan County Public Health Network

Dartmouth-Hitchcock



REGISTER:

Online: <https://tinyurl.com/MItrainingFEB2020>

For more information contact Bridget Aliaga at (603) 653-6821