



# Motivational Interviewing

## Course Overview

**\$342.60**

Motivational Interviewing (MI) is an evidence-based and person-centred counselling approach. It involves a way of being that has demonstrated advantages in supporting individuals through the process of cultivating personally meaningful and sustainable change in their lives.

Learning Objectives commonly include;

- a practice-based awareness of the Four Processes
- an understanding of the Stages of Change & its relevance to internal experiences and practice.
- a recognition of how discord arises and how to respond effectively
- working knowledge of the opening strategies of motivational interviewing
- how to develop confidence and commitment to using the processes and strategies of MI in your work/practice setting

Intermediate level workshops can be offered. Ask to be put on our interest list. The introductory level is a pre-requisite to the intermediate training.

## Ready to Register?

Drop by during office hours to register in person.

## FOR MORE INFORMATION:

P 250 997 7200  
E [cncmackenzie@cnc.bc.ca](mailto:cncmackenzie@cnc.bc.ca)  
[cnc.bc.ca/mackenzie](http://cnc.bc.ca/mackenzie)

**16 hours  
Offered over 2 days**

**1**

**2024S**

Dec 18 & 19, 2023

Monday & Tuesday | 8:30 am-4:30 pm

Please register by December 11, 2023.

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Please register before the recommended date as courses under-enrolled as of this date may be postponed. Registrations after this date will be accepted if space is available.

### Did you know?

This is a highly interactive course taught by Miranda Grattan, MSW, RSW, BSW (with distinction). She has trained participants in Motivational Interviewing across Canada and is a member of the Motivational Interviewing Network of Trainers (MINT).



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