

Motivational Interviewing

Free virtual training for Mind Springs Health
& West Springs Hospital Staff

Thursday, June 17
1:00-5:00 pm

Zoom link will be sent to registered participants

Motivational Interviewing is a
“collaborative guiding method,
person centered, to elicit and
strengthen motivation to change”

(Carvajal de la Torre, Novo Rodriguez, & Campinez Navarro, 2010)

Main Components:

- Examining stages of change
- Listening to people (e.g. they have answers)
- Understanding individuals' motivations
- Resisting the “righting reflex” (e.g. correcting patients)
- Empowering people to make the effort for change

Class size limited to 25 participants

To register please visit:
<https://www.MindSpringsHealth.org/Staff-Training>

For questions contact Denyce Abbott at DAbbott@MindSpringsHealth.org

