



## Engaging Clients as Partners in Change Using Motivational Interviewing



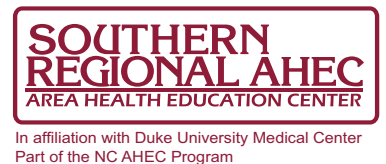
Monday

**May 22, 2017**

12:30 - 4:45 p.m.



Partnership for Children  
Charles Morris Room  
351 Wagoner Dr # 200  
Fayetteville, NC 28303



## Target Audience

Professionals who work in public health, parent education, mental health or substance abuse.

## Program Description

Examine the theory behind this client centered approach to working with individuals to help them prepare for and commit to making change. Motivational Interviewing is an evidence-based therapeutic technique designed to help people identify their readiness, willingness and ability to make meaningful change in their lives. We will talk about techniques to draw out people in order to find out their motivations and help them become empowered to make change to meet their own goals rather than trying to externally mandate change. This introduction will involve a number of exercises to help distinguish the practice of Motivational Interviewing from other communication styles. Motivational interviewing can be added into other models to reduce attrition and increase the likelihood of participants' success.

## Objectives

Upon completion of this workshop, participants will be able to:

- Explain the difference between persuading and using Motivational Interviewing;
- Describe benefits to evoking motivations rather than sharing information about risks and benefits;
- Examine what makes it difficult to not try and problem solve before exploring motivations;
- Demonstrate the ability to ask open ended questions, reflect, and affirm clients; and
- Discuss next steps to support implementing Motivational Interviewing in the face of ambivalence or resistance.

## Fee

\$65 if registration and payment are postmarked on or before on or before May9, 2017; \$75 thereafter.

## Agenda

12 - 12:30 p.m.	Registration/Welcome
12:30 - 1 p.m.	Empathy building—our own health and safety choices, Barriers to Making Change
1 - 1:20 p.m.	Stages of Change
1:20 - 1:40 p.m.	Core Motivational Interviewing Concepts <ul style="list-style-type: none"><li>• Partnership</li><li>• Acceptance</li><li>• Compassion</li><li>• Evocation</li></ul>
1:40 - 2:40 p.m.	Persuasion vs. Motivational Interviewing
2:40 - 2:55 p.m.	Break
2:55 - 3:15 p.m.	Change Talk
3:15 - 3:30 p.m.	Spirit of Motivational Interviewing
3:30 - 3:45 p.m.	Research showing MI works / How much MI do you need?
3:45 - 4:30 p.m.	OARS to start yourself into MI <ul style="list-style-type: none"><li>• Open-ended questions</li><li>• Affirmations</li><li>• Reflections</li><li>• Summaries</li></ul>
	Next Steps in supporting implementation
4:30 p.m.	Wrap-up

## Speaker

**Rachel Galanter, MPH**, is Exchange Family Center's new executive director. A NC Parenting Education Network certified Parenting Educator, she has over 25 years of experience with children, youth, and families. She uses Motivational Interviewing, Anger Management and Bio-feedback to help families address the stress and emotional issues that can be barriers to making change. She employs proven models—Attachment Bio-Behavioral Catch Up, SafeCare, Language Is the Key, Triple P and Parent Child Interaction Therapy—to help families transform and to improve relationships between caregivers and children. A member of the *Motivational Interviewing Network of Trainers*, she provides training and coaching to professionals on parent engagement, coaching, and cultural awareness to help other agencies engage clients who need support but are ambivalent about making change. In addition to her local efforts, she is a sought-after speaker for national conferences including: the *National Birth to Three Institute*, the *National Head Start Association Parent Engagement Institute*,

the *National Exchange Clubs Symposium*, and to her peers at the *Motivational Interviewing Network of Trainers Forum*. Prevent Child Abuse North Carolina awarded her the *Donna J Stone* award in 2013 for going above and beyond to support families in their efforts to provide their children with the safe, stable, nurturing environments they need if they are going to be successful. In addition to her professional work on behalf of families, Rachel was a foster parent for a decade and added two daughters (and now three grandchildren) to her family from that time.

This presenter is being supported through the partnership between UNC-CH, School of Social Work and the NCAHEC Program.

## Credit

CEU: 0.4

Contact Hours: 4.0

Credit will be awarded to participants who attend 100% of the program.



SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit).

The program will provide 4.0 contact hours (category A) continuing education credit to NC psychologists. Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBNCC credit are clearly identified. Southern Regional AHEC is solely responsible for all aspects of the programs.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

## Contact(s)

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910-678-7032/Bertina.Parkins@sr-ahec.org

Kate Smith, Program Assistant Mental Health CE, SR-AHEC  
910-678-7305/Kate.Smith@sr-ahec.org

For information on program registration, call 910-678-7226.

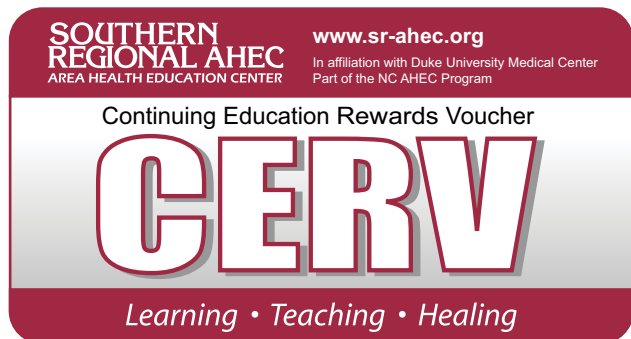
## Important Information

Early registration is encouraged, as full instructions will be sent with a registration confirmation via e-mail. For continuing education references concerning inclement weather, tobacco policy and ADA requirements, please go to: [sr-ahec.org/ContinuingEd/CE.html](http://sr-ahec.org/ContinuingEd/CE.html).

### PLEASE NOTE:

Construction at Southern Regional AHEC will limit parking availability, therefore, locations for continuing education programs will vary. Please check the communications you have received, including the front of this brochure, to ensure that you know the program's location.

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# Registration Form

Form may be duplicated.

Phone: 910-678-7226 Fax: 910-323-0674

Click here for on-line registration: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=51728>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Dr.  Mr.  Mrs.  Ms.

First Name Last Name Last 4 digits of SS#

Email (primary) (secondary - only used if primary is undeliverable)  
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Certifications/Degrees Specialty Area(s) Are you an NCC?

## Special Needs / Food Allergies

How did you hear about this SR-AHEC program?

Printed Publication  Email  Fax  Word of Mouth  AHEC web site  MyAHEC  Facebook

## Payment Information

SR-AHEC requires full payment for all registrations prior to the program date. We no longer accept purchase orders or supervisor's approval signatures in lieu of payment. Access to workshop materials and handouts cannot be released until payment is received. Early and regular rates will be determined by the date of receipt.

Check (Make payable to SR-AHEC)

Mastercard / Visa # Expiration Date (mm/yy)

Name on Card Signature

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