**Softening Sustain Talk: Advanced Motivational Interviewing Skills**

**Overview/description:**

Motivational Interviewing (MI) is an evidence-based practice used to build motivation for change and reduce resistance during interactions with clients or participants who are experiencing ambivalence with regards to a specific behavioral health change. This workshop is designed for providers who have had at least some exposure to motivational interviewing techniques and are interested in refining skills and strategies to build motivation in clients who seem less interested in change.

**Specific learning objectives:**

1. Participants will be able to demonstrate improved proficiency in use of counseling strategies to reduce sustain talk.
2. Participants will identify strategies to develop discrepancy and build ambivalence.

**Training agenda: 3 hours**

8:00 – 8:30AM Check-in

8:30 – 9:30AM Introductions, overview of workshop and MI, principles of MI (PACE), motivation and ambivalence, change talk and sustain talk

9:30 – 10:00AM Sustain Talk and strategies to respond and “soften;” practice

10:00 – 10:15AM BREAK

10:15 – 11:00AM Discord and strategies; demonstration and practice

11:00 – 12:15PM Strategies for developing discrepancy; practice

**Fees:**

$500.00 (reduced fees may be requested and negotiated)

3 hour workshop

15-20 participants

Includes handouts, travel, and prep

CONTINUING EDUCATION CREDIT IS NOT PROVIDED

**Workshop expectations:**

Dr. Wood strives to create a fun but challenging learning environment. She uses PowerPoint slides to provide information along with video vignettes, activities, and live role plays to help participants learn and experience the spirit of motivational interviewing. The training room should accommodate a maximum of 20 participants that allows for movement and moveable chairs for role plays. Participants will be asked to actively participate in activities, including live role plays.

**Equipment needs:**

* White screen for the projector.

If possible (if not, please notify presenter so she can plan to bring these)

* Projector

**Bio**

Dr. Angela Wood earned her MSW from Southern Illinois University in 1992, and a Ph.D. in social work from Tulane University in 2006. She has been a licensed clinical social worker for over 20 years, working in a variety of behavioral health settings such as addictions, mental health, criminal/juvenile justice, and family preservation. As a workshop trainer and educator for over 13 years, Dr. Wood has presented on clinical supervision, motivational interviewing, and substance abuse. She is an instructor and Field Coordinator for the undergraduate social work program at Southeastern Louisiana University, and contributing faculty for Walden University’s online Social Work and Human Services Program.