

## CEU Reference Document

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**Course Name:** Motivational Interviewing Foundational - Level One TRN-INPMI1-875

**Course Type:**  Webinar  In-Person Training  E-Learning

**Length of Course/Session:** 2 Days

**Date of Course/Session:**

### Course Description:

MI Foundational - Level One, Dealing with Discord and Resistance (Two-Day Training): This introduction to MI provides the learner with a strong understanding of motivational interviewing. Based in the theories of Motivational Interviewing (MI) and Stages of Change, this training will help the learner to identify when resistance is present and develop skills to engage with the client, helping them to move past resistance toward change. Employment related videos are used throughout this training to reinforce learning and bring concepts to life. What is motivational interviewing? Understanding the essentials for motivation – ready, willing, able; Stages of change; Change is not compliance; Fixing your “righting reflex”. What is discord/resistance? How clients communicate: “This Isn’t Working.” Introduction to processes and skills of motivational interviewing. Introduction to the spirit of motivational interviewing. Reflection types and practice.

### Speaker Profile:

Crystal Dolliver is an experienced Motivational Interviewing coach and trainer. Her professional background includes coaching individuals with disabilities and assisting them to successfully return to work. She is skillful at moving ambivalent clients into engagement with her motivational interviewing (MI) techniques. Crystal has successfully coached and supported others across Ontario to develop their MI skills. Crystal's expertise includes Motivational Interviewing (MI), Team Health, Mental Health First Aid, Crisis Intervention, and Emotional Intelligence at Work. She draws on her over 17 years of experience as a facilitator, trainer, and coach to deliver exceptional training both in-person and online.

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### This course has preapproved CEUs from:

The College of Vocational Rehabilitation Professionals  VRA Canada

**Number of CEUs Approved:** 14.0

**Area of Focus:** 09

**Preapproval Code:** AGILEC-MI:LO-2020-14.0

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**For Verification of Attendance:** Please print course certificate