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## **Motivational Interviewing for LBS, Employment Services and Community Agency staff**

**Thursday March 1, 2018**

**8:30am – 4:30pm**

**Conversations Café, 4995 King St., Beamsville**

### **What is Motivational Interviewing?**

It's a collaborative conversation to strengthen a person's own motivation for and commitment to change. It's a goal-oriented method of communication with particular attention to the language of change.

### **How can this workshop help you and your clients?**

Motivational Interviewing is a person-centered counselling method for addressing the common problem of ambivalence about change. It uses open-ended questions, affirmations, reflections and summaries to allow for you to encourage and support clients to make positive changes. It is designed to strengthen a client's motivation for and movement toward a specific goal by eliciting and exploring the person's own arguments for change.

### **Workshop/Training Fee (per person) \*\***

\$119
includes lunch, refreshment breaks & materials

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\*\* Registrants who do not attend (without cancellation notice of 3 business days prior) may be charged a fee to cover administration, materials and/or meal costs  
For more information, please contact Literacy Link Niagara at 905-401-5380 or by email at [operations@literacylinkniagara.ca](mailto:operations@literacylinkniagara.ca)

PD registration due date: Feb 22/18 by online registration form  
<https://www.surveymonkey.com/r/MIMarch1>

# Agenda

8:00 am	Registration
8:30 am – 12:00 pm	Part 1: Motivational Interviewing
12:00 – 12:45 pm	Lunch
12:45 – 4:30 pm	Part 2: Motivational Interviewing

## Motivational Interviewing Overview

Facilitated by Lisa Ambaye

The workshop provides the guiding principles, strategies and skills of Motivational Interviewing to elicit and strengthen a client's own motivations for change. Using an experiential model of learning, participants will explore Motivational Interviewing through practice, case studies, demonstrations, simulations and feedback.

### Spirit of MI



Coaches develop a person-centred approach: a relational, empathetic relationship that allows the client to share their viewpoints and be part of the decision-making process.

Coaches use technical skills to focus their attention to client language about change: recognize, respond, and elicit.

## **How will using MI during Intake and Assessment help my clients?**

Motivational Interviewing (MI) is a collaborative, person-centred approach to eliciting and strengthening a person's motivation for change. MI explores and resolves ambivalence and supports change in a way that is congruent with a person's own values, beliefs and wishes. MI is an evidence-based practice, commonly used in assisting individuals with significant challenges.

Incorporating the spirit of MI and the techniques in an Employment and Training context are expected to

- generate more appropriate goals, strategies and outcomes based on the client's individual situation
- witness significant changes in the Practitioner's style after using MI strategies, resulting in clients that will feel more included in the conversation with greater input into their own pathway
- increase in the motivation and ownership of the client's learning or employment pathway and it is anticipated that this would likely lead to increases in retention
- increase effective strategies to deal with ambivalent clients who do not engage consistently in their plan

### **Facilitator Bio:**

Lisa Ambaye, Executive Director of the Ottawa Community Coalition for Literacy, is a collaborative leader, big-picture thinker, organizer, and adult educator. Lisa was most recently business owner of a training company called Optimize and prior to this was the Project Coordinator at Northern Lights Canada in Ottawa, Employment Counsellor at YMCA/YWCA, Manager of Client Services at LASI World Skills, and Program Officer at Voluntary Service Overseas (VSO).

A life-long learner, Lisa has the following credentials: Advanced Motivational Interviewing, Emotional Intelligence Certified Trainer, Diploma of Adult Education from St. FX University, Certificate of Intercultural Studies from University of British Columbia, Bachelor of Education from Queen's University and Bachelor of Fine Arts, Honours from York University.