



Motivational Interviewing PLUS Option

Solidify new skills with ongoing coaching

The PLUS option is based on research showing that ongoing coaching and/or feedback are necessary to maintain and continue developing the MI skills gained in a 2-day workshop. In these three coaching sessions (30 minutes each), practitioners will have individualized attention from a MINT coach. The coach will help the practitioner prioritize and practice the skills they want to focus on.

Objectives:

- Focus on actual practice of MI skills.
- Gain insight into applying MI to a particular work setting.
- Develop an understanding of how to continue learning MI skills from clients.
- Utilize current knowledge in MI-training which calls for “relapse prevention.”

How it works:

1. Mark the PLUS Option on the registration form.
2. Call or email to schedule your first 30-minute PLUS coaching appointment.
(p-mize@healthfuture.org or 503-928-5941)
3. Prior to each coaching appointment, consider what MI skill(s) you want to focus on. Have a recording of an actual client interaction or have case examples from your work setting to discuss.
4. Complete your three PLUS coaching appointments by July 31, 2010.

The PLUS Option registration is limited to the first 20 participants.

Questions?

Please contact Pat Mize
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