

# Title IV-E Collaborative Presents

## Motivational Interviewing (3 parts)

*Matthew Rensi*

Day 1: Thursday, October 1, 2020

Day 2: Thursday, October 8, 2020

Day 3: Thursday, October 15, 2020

9:00 AM to 11:00 AM

**Must attend all sessions**

Online via Zoom

Registration ends Wednesday, September 23, 2020

Link given by Friday, September 25, 2020

**Course Description:** In this course, participants will learn about the Motivational Interviewing approach to helping people change and see the crucial importance of matching interventions to individuals' stages of change in order to improve the likelihood of success. In addition to examining the principles of MI, learners will learn and practice specific skills and techniques that will support the primary goals of MI, which include establishing rapport, eliciting change talk, and establishing commitment language.

**By the conclusion of this workshop, participants will be able to identify and practice:**

- Foundational principles and spirit of Motivational Interviewing,
- List how 4 processes of Motivational Interviewing
- Help clients consider their own reasons for change
- Employ basic Motivational Interviewing skills to help clients resolve ambivalence in favor of change
- How Motivational Interviewing is used in different practice settings.

**Matthew Rensi** is an Associate Professional Clinical Counselor working as a Therapist in the Aftercare program at Community Solutions. Matthew has experience providing therapy to psychotic, homeless, and juvenile justice populations. He has experience providing CBT and MI trainings, and has utilized his military service to develop and facilitate a community mental health safety training.

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

\*Must obtain Supervisor approval prior to registering\*

### Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)