

# Level 1 Introduction to Motivational Interviewing: Engaging Parents and Caregivers in Change

*Education opportunity hosted by:  
BC-Centre For Ability*

**Motivational Interviewing (MI)**, is an evidence-based communication style that draws out individual reasons for change, decreases discord, builds readiness, and strengthens commitment to change. MI improves engagement, retention and treatment outcomes.

## Learning Objectives

This **2 day** knowledge and skills-based training will introduce learners to an MI style of communication and highlight skills and strategies to support engagement and guide towards positive health and related changes, tailored to their therapeutic context. Learners will:

- Experience how communication style influences motivation.
- Explore relational and technical components of MI.
- Identify the 4 processes of an MI conversation.
- Practice skills and strategies to strengthen engagement and motivation, decrease discord and initiate and guide change conversations across a range topics with parents and caregivers.

**When:** Thursday, October 19 & Friday, October 20, 2017, 9:00 am – 4:00 pm  
**Location:** BC-Centre For Ability, 2805 Kingsway, Vancouver, BC  
**Cost:** \$350.00 (CND)

**To register contact:** Nina Giuliani at [nina.giuliani@bc-cfa.org](mailto:nina.giuliani@bc-cfa.org) or 604.451.5511 ext 1374

## Trainer

Cristine Urquhart, MSW, RSW, co-founder of [Change Talk Associates](http://www.changetalk.com), is a member of the international Motivational Interviewing Network of Trainers (Bulgaria, 2007), and has trained thousands of health and social service providers across Canada. She is passionate about improving the health of women and families, and supporting helping professionals to use a motivational interviewing approach to increase engagement and build motivation for change. Cristine is an instructor with the University of British Columbia Continuing Studies program and a published author.

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Transforming conversations. Igniting change.