



Motivational Interviewing (MI) is widely embraced, evidence-based conversation style for awakening self-awareness of a person's choices to heal and embrace behavior change.

Through the use of MI, direct service providers surface self-awareness of the need for behavior change within the served person, empowering them to leverage their inner resources (strengths, resilience) to choose to heal and change.

MI is a trauma-informed communication method that creates safety, trust and empowers. Highly experiential, these MI trainings will explore how MI:

- Establishes a sense of safety and trust
- Enhances systems of support
- Empowers: awakens self-awareness of the choice to change and heal
- Partners to provide education on the effects of trauma
- Partners to teach, experience emotional and behavioral regulation
- Rewires: builds self-capacities and enhances executive functioning
- Reconnects: re-establishes attachment and connection
- Reframes and integrates traumatic experiences
- Encourages meaning-making: sense of purpose and future goals
- Affirms post-traumatic growth
- Supports Cultural Humility

These two-day hybrid virtual trainings will offer pre-recorded self-paced modules to be completed prior to the live 4-hour sessions along with a post module after the second training.

### **Introduction to Motivational Interviewing**

*Self-Paced Modules:* February 2, 2021- February 8, 2021

*Live Virtual Session:* February 9, 2021, **8:30am to 12:30pm**

### **Advanced Motivational Interviewing (must have completed Intro to MI training)**

*Self-Paced Modules:* February 9, 2021-February 15, 2021

*Live Virtual Session:* February 16, 2021, **8:30am to 12:30pm**

*Fee for each training: \$35 for member, \$135 for non-member*



#### ***Trainer: Shawn Smith***

Shawn Smith is a Certified MI trainer and member of the Motivational Interviewing Network of Trainers (MINT). The MINT is an international organization of trainers of Motivational Interviewing (MI), whose mission is to promote good practice in the use, research and training of Motivational Interviewing and represent 35 countries and more than 20 different languages. Shawn has trained MI to thousands of professionals since 2009 including those serving in education, health care, behavioral health, workforce development, education, and the criminal justice system.

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## **BEHAVIORAL HEALTH TRAINING PARTNERSHIP**

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