



The two-day hybrid virtual training 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.

Motivational Interviewing Day 1

Self-Paced Modules: March 9, 2022 – March 16, 2022
Live Virtual Session: March 17, 2022, **8:30am to 12:30pm**

Motivational Interviewing Day 2 (must have completed MI Day 1)

Self-Paced Modules: March 14, 2022 – March 21, 2022
Live Virtual Session: March 22, 2022, **8:30am to 12:30pm**
Trainer: Shawn Smith of Share Collaborative

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

Learning Objectives:

- Learn how to apply MI in your role, service setting in with those you serve
- Experientially explore how to behavioralize the Spirit of MI: Compassion, Acceptance, Partnership, Evocation
- Learn how to apply the active listening skills of MI: Deep Listening, Open-Ended Questions, Affirmations, Reflections and Summaries
- Learn MI's 4 Process structure: Engage, Focus, Evoke, Plan
- Learn how MI is trauma-informed and culturally reverent

Fee for each training: \$35 for member, \$135 for non-member
6.0 Continuing Education Hours for each training

BEHAVIORAL HEALTH TRAINING PARTNERSHIP

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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.