

# INTO PRACTICE

## MOTIVATIONAL INTERVIEWING

FRIDAY, APRIL 30, 2010

8:30 A.M. – 4:30 P.M.

TACOMA HOUSING AUTHORITY

1724 EAST 44TH STREET, TACOMA, WASHINGTON 98404

**7 CEUs**



Change is not easy for human beings, even when life is going relatively smooth. Add an illness – or *two* – and the change processes are even more challenging...then add returning to school or the workforce or navigating the complicated world of benefits...and it can be overwhelming.

The results are understandable ambivalence...even resistance. Yet all individuals have an inherent potential for change. Each person possesses the strengths and skills developed – but perhaps not identified – in coping with these challenges and adversities. How do we help a person acknowledge strengths and identify how these may be used in working toward current and future goals?

First, this workshop will focus on the evidence and research based best practice of Motivational Interviewing with specific strategies designed to elicit change while exploring and resolving ambivalence. It will emphasize how motivational interviewing supports the work you do to increase economic opportunities for your clients through:

- Working with clients on resumes, career assessments and completing intake assessments
- Navigating the discussion around returning to work or school (and how this relates to benefits)

Second, what's the difference between being *informed* and *skilled* in anything? - Practice & Feedback. The level of proficiency a person wants to attain in *any* skill is directly matched to the amount of time they practice the skill. So this workshop will add practice – with laughter and discussion throughout.

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors  
Therapists • Mental Health Professionals • Health Care Professionals

**LIMITED  
SEATING**

**Registration Contact: -----**  
**Registration Deadline: April 23rd**  
**see attached registration form**

**Cost: \$75**  
**(WFF Grantees receive  
2 free spots)**

Rhonda McKillip, M.Ed., LMHC, MAC, CCDCI, CDP is a national trainer and author of “THE BASICS, Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders” foreword by Kenneth Minkoff, MD. Ms. McKillip is a Motivational Interviewing Network Trainer (MINTie), and national NAADAC Approved Education Provider. Ms. McKillip provides national onsite program development, consultation, and individual or group training on Dual Diagnosis and Motivational Interviewing in the agency setting. For more information, contact Rhonda McKillip at 509-258-7314, Email: [rmckillip@ix.netcom.com](mailto:rmckillip@ix.netcom.com) or through Web: [mckillipbasics.com](http://mckillipbasics.com)

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