

Center for Learning Connections presents....

## Improving Lives Through Motivational Interviewing

Wednesday, July 9, 2008 | Embassy Suites Hotel Seattle-North/Lynnwood | 20610 44th Ave West |  
Lynnwood, WA 98036 | 8:30 am - 4:30 pm

*Who should attend this workshop?  
Counselors, case managers, educators, corrections  
staff, and anyone else in the business of helping  
people commit to changing their lives.*

Motivational Interviewing (MI) is an effective and efficient way of working with individuals who have a difficult time changing unhealthy habits and behaviors. It was developed specifically to help people deal with ambivalence, i.e., Simultaneous conflicting feelings toward a person or thing.

Ambivalence is a situation experienced by many individuals. For example, many people would rather not be on public assistance, yet doubt their ability to become self-sufficient. Job seekers may want to work, but fear the thought of going through an interview, or having “strangers” take care of their children. Students want to be successful, but can’t find the time to study, or don’t want to be seen as “bookish” by their friends. People who are overweight know they should adopt new eating habits, but fail to do so.

In each of these situations, people become torn or “stuck,” knowing they would be better off if they changes their behaviors, but having “good reasons” for not doing so.

Motivational Interviewing helps individuals explore ambivalence, commit to change and take actions necessary to improve their lives. At the conclusion of this workshop, participants will be able to

- Describe what MI is about and why it is effective
- Explain how MI applies specifically to their work situation
- Conduct effective interviews using MI

**TRAINER** - CAL CROW, (Program Director, Center For Learning Connection)

### CONTACT

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### WORKSHOP FEE

Fee of \$160 includes snacks, lunch and all materials.

**REGISTER ONLINE TODAY!!** (*space is limited*)

To register online, go to:

[www.learningconnections.org/clc/workshops/2008/july9/](http://www.learningconnections.org/clc/workshops/2008/july9/)

### FREE CLOCK HOURS / CEUS

Free Clock Hours are available after the workshop.

Participants can register for Highline Community College **Continuing Education Units (CEUs)** Before starting a course. The cost is \$10 per course. Participant should call Extended Learning at (206) 870-3785 to apply.