

## New Series!!

The King County Non-Profit Staff Development Coalition Project (NPSDC) - [www.learningconnections.org/coalition](http://www.learningconnections.org/coalition) is presenting a new "special issues" series focusing on poverty and homelessness. A series of workshops will be delivered within this series that addresses need areas of staff who serve clients facing extreme poverty and homelessness. These need areas include motivational interviewing; understanding homelessness; understanding poverty; secondary trauma; empowerment and advocacy.

### "Special Issues" Series on Poverty and Homelessness

#### Workshop #1: **MOTIVATIONAL INTERVIEWING: Skills for facilitating behavior change**

Thursday | August 2, 2007 | 9:00am – 4:30pm

Location: The 2100 Building | 2100 24<sup>th</sup> Avenue S., | Seattle WA 98144

*"They just aren't motivated to change!"* How often have you heard these words?

We all recognize the essential role that enthusiasm, commitment, excitement, drive, and inspiration play in successfully changing any behavior. And, at the same time, we also understand that lighting a fire under someone who "isn't motivated" stands out as a most difficult challenge for anyone trying to help another human being behave differently.

This one day hands-on, interactive training workshop will introduce participants to the concepts and skills that make up Motivational Interviewing. What is Motivational Interviewing? Motivational Interviewing is a strategic approach to help individuals develop a commitment and take concrete action to change problematic behavior.

Motivational Interviewing is a particular way to facilitate the recognition of problem behaviors and, as the individual who "owns" the problem, building one's own case for the need to change that pattern of behavior. This method effectively serves those individuals who are reluctant to change and ambivalent about modifying their behaviors. A large and growing body of rigorous research studies have shown Motivational Interviewing to be an effective way to assist people to clarify their own ambivalence about altering their behaviors and work to resolve their problems.

The "Motivational Interviewer" has a strong sense of purpose, clear strategies and skills to resolve difficulties, and a sufficient understanding of the change process to alter his/her "helping" behaviors no matter the high or low motivation level of the individual who is said to be seeking help. It is essential to understand that the Motivational Interviewer is not passive.

The purpose of Motivational Interviewing training is to assist individuals in the use of their existing skills while learning and strengthening new skills to help people change. All of this is done to enhance motivation to change behavior in a positive direction.

#### **At the end of this workshop, participants will be able to:**

- Accurately describe the essential elements that comprise Motivational Interviewing
- Utilize the conceptual steps or stages that people go through when altering their behaviors from "I don't see a need for changing my behavior" to "I am fully prepared, committed, and experienced in a new way of behaving related to a problem behavior that was interfering with the way I want my life to be" outlined in the Transtheoretical Model of Change.
- Articulate and demonstrate at least a moderate level of skill in applying three of the five early counseling strategies that are considered fundamental in effectively utilizing Motivational Interviewing with clients.

*(This workshop has been designed for frontline staff, case managers, program coordinators / managers, supervisory staff)*

**TRAINER:** David A. Haapala, PH.D.

#### **WORKSHOP FEE**

##### **Coalition Member Organization:**

\$75 per participant [for 1-2 staff from member organization]  
\$65 per participant [for 3-5 staff from member organization]  
\$55 per participant [6 or more staff from member organization]

##### **Non-Member Organization:**

\$100 per participant

**Lunch will be on your own.**

##### **Continuing Education Units/Clock Hours**

Participants can register for Highline Community College **Continuing Education Units (CEUs)**. The cost is \$10.00 per course. CEU forms are available at the workshop.

**Free Clock Hours available at the workshop.**

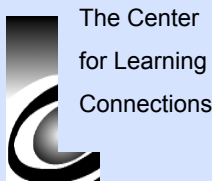
#### **REGISTER ONLINE TODAY !!** *(space is limited)*

To register online, go to: <http://www.learningconnections.org/coalition/workshops/2007/Aug2>

##### **Contact**

For more information about this workshop, contact **Anna McCain (206) 870-5908** or E-mail: [amccain@highline.edu](mailto:amccain@highline.edu)

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