

MOTIVATIONAL INTERVIEWING

Enhancing motivation for change

Motivational interviewing is a person-centered goal-directive counseling method for resolving ambivalence and promoting positive change by eliciting and strengthening the person's own motivation for change.

Motivational interviewing is an evidence-based practice designed for engaging ambivalent or resistant people (Squires and Moyers 2001).



The Mental Hygiene Administration and the University of Maryland Mental Health Services Training Center will be offering a number of training series in motivational interviewing. Each series will consist of 16 hours of training, which may be done as one whole day and two half days, or, **ideally**, four half days. The sessions will be spread out so participants have the chance to practice between sessions. Each of these series is limited to 20 participants. Individual training sessions can be provided on site for agencies or jurisdictions that can provide 20 participants.

CEU's will be provided. **The cost will be \$160 for all 16 hours, per person, and will include the opportunity for follow ups as determined by each group.** Motivational Interviewing-Intermediate Level sessions may be provided at a later date.

For more information, please contact Carole Frank, 410 402-8469 or frankc@dnhm.state.md.us