

Motivational Interviewing (MI) has been studied extensively and shown to be an effective approach with teens to reduce risks (like substance abuse, unintentional injuries and unsafe sexual behaviors).

Communicating effectively with youth requires a specialized approach. This interactive training teaches all levels of professionals to use motivational interviewing strategies, improving their ability to identify risk behaviors, communicate effectively with youth and motivate them toward positive, healthier choices.

This training provides participants with a unique opportunity to receive education and practice typically included in a full two day course in two engaging components.

Training Components:

- **Online, interactive learning modules with 8 CE or CME credits**
- Registrants will be provided access to online education on MI "basics" and constructs. Accessible 24/7, participants complete these modules at their own pace prior to the in person workshop – providing a more robust and effective onsite training session. Average time for completion is 5 hours
- **Onsite Workshop** to translate MI knowledge into effective practice. The *MI workshops support effective adult* learning by *providing a dynamic and engaging experience* for participants including:
 - Real life examples
 - Video demonstration
 - Observation
 - Role play
 - Group activities and discussion
- Workshops are 4.5 hours in length, but can be customized to meet your needs

Continued Training Opportunities

- **Virtual Learning Collaboratives (LCs)** were designed to continue MI skill building following participation in the MI training. LCs are optional and include interactive webinars and case discussion/coaching sessions and are scheduled specific to the needs of each organization.

Trainings Logistics:

- Up to four (4) hours of pre-event planning and post-event follow-up
- Participant packets including pocket guides to support continued use of MI strategies
- Electronic files of all training materials

Learning to use MI strategies in real-world practice requires a **hands-on and interactive approach**. This training builds practical skills and leverages the use of technology for self-guided learning. In-person workshops are facilitated by seasoned professionals with expertise in adolescent behavior change and motivational interviewing.

**Interactive Learning +
In-person Training =
Effective Communication**

