



# Intro to Motivational Interviewing

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FREE: 6.5 IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

Motivational Interviewing (MI) is a conversation style used in helping professions to help clients identify their own intrinsic motivation for change. Over 300 clinical trials demonstrate the efficacy of MI across a wide range of populations, target behaviors, and medical conditions. This one-day training will cover basic concepts and methods of MI in order for participants to begin their MI journey while determining how interested they are in learning more about MI. Learning activities will include demonstrations, videotape examples, and multiple opportunities to practice components of MI and receive feedback throughout the interactive training.

- Friday, January 17, 2025
- 9:00 pm - 4:30 pm
- McHenry County Mental Health Board  
620 Dakota Street, Crystal Lake

● **Registration Link** •••



Training Coordinator  
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