



May 26, 2016
9:30 am – 2:30 pm

Location: Center for College Access & Success
 770 N. Halsted, 4th Floor
 (Entrance on Chicago Ave)
 Chicago, IL 60642

Cost: \$125*
 *Fee-waived for NEIU staff, faculty & partner school/organization staff. Reduced rates available for students and nonprofits serving vulnerable populations (limited number of scholarships available).

Provided: Handouts, 4 CPDU/CEU's, simple lunch, refreshments. Email registrations or inquiries to R-Rutschman@neiu.edu or Fax: 312-563-7210.

Bring a check made out to NEIU. For inquiries future workshop dates use the same email to Richard Rutschman or call (312) 563-7156.

A Professional Development Workshop Series Focused on Behavior Change with Youth & Adults

Motivational Interviewing: Beginning Workshop

Motivational Interviewing (MI) helps people decide to change behaviors leading to a better or more successful future. MI is an evidence-based behavior change approach that involves a nonjudgmental way of working with individuals that draws motivation from within through conversation. In this interactive focused workshop, participants will be introduced to the four processes (steps), the spirit of MI (interpersonal way of being) that is required and the four core skills of Open-ended questions, Affirmations, Reflections and Summaries. In addition, participants will learn some basic strategies for guiding the conversation and evoking change-talk by nurturing intrinsic motivation rather than by using rewards and punishment (students then own the change) and ways to provide information or advice without being counterproductive. This short version of the workshop has the option of a intermediate training on 3/23 and is designed to maximize the skill acquisition.

MI is collaborative rather than prescriptive, honoring the person's autonomy and self-direction rather than providing advice. For over ten years the Center for College Access & Success has introduced the use of MI to help get students back on track or as a restorative discipline practice, including as an alternative to in-school suspension. Facilitated by Richard Rutschman, EdD. Member of the Motivational Interviewing Network of Trainers.

Registration for Beginning Motivational Interviewing: May 26, 2016

Name _____ Email: _____

School/Organization _____ Address: _____

Phone: _____ Status: NEIU Staff_ Partner_ Other: _