



**Professional Development Workshop
Focusing on Youth and Young Adults**

Advanced Motivational Interviewing

Motivational Interviewing (MI) helps students decide to change behaviors that are harmful to themselves and others. It is effective when working with individuals with addictions, corrections, chronic physical or mental health conditions and behavior issues. MI is an evidence-based behavior change approach that is useful to school counselors, administrators, teachers and security personnel.

This workshop is for individuals with prior skill training in MI from schools, social services or health institutions. In this workshop we will augment skills previously addressed and emphasize others including:

- **Open-ended questions, affirmation, and summaries skill development**
- **Accurate empathic reflection and practice, rolling with resistance, eliciting "change talk"**
- **Review of the common pitfalls**
- **Preparation for taping MITI Coding ratings and production of training video**

MI is collaborative rather than prescriptive, honoring the client's autonomy and self-direction rather than providing advice or direction. Since 2005, the Chicago Teachers' Center has worked with schools in restorative discipline practices that use M.I., along with adventure education, as an alternative to "in-school suspension".

Facilitated by
Richard Rutschman, Ed.D.

Advanced Motivational Interviewing

Monday, February 20, 2012 9-4 p.m.

Location:

Chicago Teachers' Center
770 N. Halsted, Suite 420
Chicago, IL 60642
(entrance on Chicago Avenue)

Cost:

\$175 session (\$25 for NEIU Staff, Students or Partner Institutions.)
Group Rates and Scholarships available. 6 CPDUs included.

Registration:

Fax form to (312) 563-7210

Email your RSVP with registration to R-Rutschman@neiu.edu or

Mail registration before
February 16, 2012

For more information or for additional training dates, call Richard Rutschman at (312) 563-7156

Registration for Advanced Motivational Interviewing

Name: _____

Title/Role: _____ Email: _____

School/Organization: _____ Phone: _____

Address: _____