

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

# Intermediate Motivational Interviewing



Motivational Interviewing (MI) helps to reinforce the skills you need to help individuals move towards positive, healthy behavioral change. This session will build on prior training that MI practitioners-in-training bring to the session. The use of MI in multiple settings as a restorative practice, especially in education, will be examined.

This workshop will focus on augmenting the MI skills of open-ended questions, affirmation, summaries, and particularly, the skill of accurate empathic reflection. You will continue to improve your Motivational Interviewing skills by:

- **Practicing role-plays and eliciting “change talk” and other commitment language**
- **Discovering the traps that contribute to resistance**
- **Reviewing options for complex reflections**

*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.  
Member, Motivational Interviewing Network of Trainers

## Intermediate Motivational Interviewing

**Wednesday January 11, 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. 5 or 6 CPDUs Offered

**Registration:**

**Fax** form to (312) 563-7210

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

**Mail** registration before  
January 4 2011.

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

### Registration for intermediate Motivational Interviewing

Name: \_\_\_\_\_

Title/Role: \_\_\_\_\_ Email: \_\_\_\_\_

School/Organization: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_