2019 Conference Schedule

Registration — 8:00-8:30 a.m.
Welcome — 8:30-8:45 a.m.
Keynote: David Rosengren — 8:45-10:00 a.m.
Break — 10:00-10:15 a.m.

Morning Session | 10:15-11:45 a.m.

Managing Discord
Cherise Nielsen
Have you ever been frustrated with that client who pushes every one of your buttons? The one who makes every conversation about how it's your fault they are in your office? If you answered yes to either of these questions, then Managing Discord is for you! We will learn how to work with these clients in a MI adherent way!! This session is appropriate for all skill levels.

Advancing your Evoking Competencies: Recognizing Change Talk (session 1)
Scott Caldwell and Susan Cushman
The Evoking process is the heart of MI. During this process, a person’s motivation for change is explored and developed. Underscoring effective Evoking are specific concepts, perspectives, and skills (competencies). This 3-session series is designed for advanced MI practitioners to build Evoking competencies through discussion, experiential activities, and practice regarding the three main tasks of Evoking: recognizing (session 1), eliciting (session 2), and responding (session 3) to change talk. Participants are encouraged to join all three, but may opt to join one or two sessions.

MI in Health Care: Asking Meaningful Questions
Mia Croyle and Melody Cole
Motivational Interviewing involves the intentional and strategic use (Miller & Moyers 2017) of OARS to strengthen motivation for change. In health care, clinicians often follow lengthy assessment forms to gather information from patients. This approach leads to the question and answer trap and has the potential to cause a disconnect with the individuals we serve. This breakout session will focus on asking meaningful questions with intention to guide the conversation and increase patients’ motivation for behavior change. This session is appropriate for all skill levels.

Reflective Supervision
Shawn Smith
The skills needed to achieve the effect and efficiency of Reflective Supervision are found in Motivational Interviewing. Come and experientially explore how to guide the growth of teams through the use of empathetic listening, use of the OARS (Open-Ended Questions, Affirmations, and Summaries) and a guiding style. This session is appropriate for all skill levels.

Unconditional Positive Regard: What is it, Why does it Matter, and How do you do it?
Ernie Marshall and Leslie Barfknecht
An in-depth experience of the Spirit of MI with discussion to further understand its importance in a therapeutic relationship. Through this session, you will explore strategies on how to apply this in your work and life. This session is appropriate for all skill levels.

Lunch — 11:45 a.m.-12:30 p.m.
Early Afternoon Session | 12:30 - 2:00 p.m.

**Self-Assessment of your Practice**  
*Laura Saunders, Jenny Rodefeld, Kay Eibl*

Are you wondering how to continue your MI development after the training? Are you in a situation where you are having to self-lead your learning without a lot of other available resources for support? Come to this 2-part workshop to learn about how to self-assessment, set individual goals, and utilize available resources to continue your MI journey. This session is appropriate for all skill levels.

**Advancing your Evoking Competencies: Eliciting Change Talk (session 2)**  
*Scott Caldwell and Susan Cushman*

The Evoking process is the heart of MI. During this process, a person’s motivation for change is explored and developed. Underscoring effective Evoking are specific concepts, perspectives, and skills (competencies). This session is designed for advanced MI practitioners to build competencies regarding eliciting change talk. We will accomplish this through discussion, experiential activities, and practice.

**Finding the Sweet Spot: Affirmations accentuate the positive and work to acknowledge an individual’s strengths and efforts.**  
*Kim Schoen and Celeste Hunter*

When used correctly, affirmations are a powerful way to increase engagement and self-confidence. Overuse or under-use of affirmations have the potential to disengage or cause discord. Use of strategic affirmations is also correlated with lower practitioner burn-out and positive perceptions of client capabilities. In this interactive workshop participants will find the sweet spot with affirmations and learn to express genuine positive regard for the individuals they work with.

**Healing Focused Communication**  
*Shawn Smith*

In this session we will experientially explore the integration of Motivational Interviewing and Trauma Informed Care. Leverage your skill in MI as a trauma-informed style of communication that creates an atmosphere of safety and trust. Learn how we, as individual service artists, can communicate in ways that heal, guide, and exhibit deep respect for the internal wisdom of those we serve. This session is appropriate for all skill levels.

**Advancing your MI Skills with David Rosengren**  
*David Rosengren*

Join Motivational Interviewing expert David Rosengren as you hone and advance your MI skills. This session is for advanced MI practitioners.

Break — 2:05-2:15 p.m.
Afternoon Session 2:15-3:45 p.m.

Reflective Listening
*Mia Croyle and Ted Izydor*
Reflective listening is a central skill in Motivational interviewing. Reflective listening appears deceptively easy, but it takes hard work and skill to do well. A large component of reflective listening is learning to think reflectively. This way of thinking that accompanies good reflective listening includes interest in what the person has to say and respect for the person's inner wisdom. For many of us, listening with intent to understand represents a significant paradigm shift. In this hands-on session we will work on further developing our reflective listening capacity through exploration of both the technique and art of this powerful process. This workshop will assume a basic understanding of reflective listening and is appropriate for all skill levels.

Advaning your Evoking Competencies: Responding to Change Talk (session 3)
*Scott Caldwell and Susan Cushman*
The Evoking process is the heart of MI. During this process, a person’s motivation for change is explored and developed. Underscoring effective Evoking are specific concepts, perspectives, and skills (competencies). This session is designed for advanced MI practitioners to build competencies regarding responding to change talk. We will accomplish this through discussion, experiential activities, and practice.

Self-Assessment Resource Roundup
*Laura Saunders, Jenny Rodefeld and Kay Eibl*
Are you wondering how to continue your MI development after the training? Are you in a situation where you are having to self-lead your learning without a lot of other available resources for support? Come to this 2-part workshop to learn about how to self-assessment, set individual goals, and utilize available resources to continue your MI journey. This session is appropriate for all skill levels.

Confidence: A deeper dive into building your client’s confidence in their behavior change plan.
*Vonda Benson and Melody Cole*
Importance and Confidence must be present for lasting behavior change. This session explores a deeper dive into HOW to build your client’s confidence in their own behavior change plan. A greater understanding into the importance of Confidence awaits you. This session is appropriate for all skill levels.

MI in Schools
*Susan Kaye*
Explore the use of Motivational Interviewing in schools. This will be a skill-focused breakout session for school-based professionals to better engage adolescent youth in behavior change. If you are a beginner to MI or have some experience, this session will strengthen your effectiveness with students and parents. In the school setting where everyone expects you to "fix" the problem, this session will help you to feel better about your work, lighten some of the burden of this expectation and most importantly, help you to help youth create and own their own solutions! This session is appropriate for all skill levels.

Break — 3:45-4:00 p.m.
Closing — 3:30-4:30 p.m.