

## Course: Foundations of Motivational Interviewing

Montefiore Hudson Valley Collaborative (MHVC) is offering multiple instructor-led training on Foundations of Motivational Interviewing in 2018. This training is part of MHVC’s cross project training strategy to help build patient-centered self-management support skills.

### About This Training

Motivational Interviewing (MI) is a collaborative conversation style to strengthen a person’s own motivation and commitment to change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.

By the end of this training, the learner will:

- Describe MI and the four processes
- Discuss Spirit of MI
- Understand MI core skills (OARS)
- Recognize change talk and how to respond to change talk
- Understand how to deal with resistance
- Understand how to apply “Ask-tell-ask” during patient interactions

### Who Should Attend

- Care management staff
- Patient care navigators
- Health educators
- Case support roles
- Mental health providers including social workers who provide direct service, supervision, and administrative oversight

### Training Dates

Date	Time	Location	Presenter	Registration Deadline
March 29, 2018	9:00 AM – 5:00 PM	Cornwall, NY	Adyna Gamboa	March 27, 2018
April 20, 2018	9:00 AM – 5:00 PM	Yonkers, NY	Adyna Gamboa	April 18, 2018
April 27, 2018	9:00 AM – 5:00 PM	Goshen, NY	Adyna Gamboa	April 25, 2018
May 18, 2018	9:00 AM – 5:00 PM	Yonkers, NY	Adyna Gamboa	May 16, 2018
May 24, 2018	9:00 AM – 5:00 PM	Mount Vernon , NY	Adyna Gamboa	May 22, 2018
June 14, 2018	9:00 AM – 5:00 PM	Cornwall, NY	Adyna Gamboa	June 12, 2018

### Registration

There are limited seats available for classes. Participants must obtain approval from their managers / supervisors before registering for a class. Click on the registration link and select the date and location of the training you would like to attend. Please contact Adyna Gamboa at [agamboa@montefiore.org](mailto:agamboa@montefiore.org) for more information.

**REGISTER HERE**

### Continuing Education Disclosure

**Planner & Speaker Disclosure:** The planners and speakers have nothing to disclose

**Commercial Support:** There is no commercial support for this activity

This activity has been pre-approved by the Montefiore Learning Network for approval to award 6.5 contact hours. The Montefiore Learning Network is accredited as an approver of continuing nursing education by the **American Nurses Credentialing Center’s Commission on Accreditation**. Successful completion requires attendance at entire session and completion/submission of evaluation form.

This program has been pre-approved by **The Commission for Case Manager Certification** to provide continuing education credit to CCM® board certified case managers. The course is approved for 6.5 CE contact hours.

**NYS SW CE (6.5 hours)** approved under the auspices of The Mental Health Association of Westchester: Mental Health Association of Westchester County, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0097.