

Descriptive Outline for the Level 1 Intensive Motivational Interviewing Workshop
presented by *The Monarch System™ Inc*



Note to Potential Participants: *This is a hands-on or experiential workshop with lots of work in interviewing dyads followed by discussions and integrations into your professional practices.*

Workshop description

This introductory 2-day-intensive session provides a meaningful overview of MI using *The Monarch System*'s unique approach which integrates MI with other impactful and evidence-based behaviour change practices such as coaching methods and key elements of behaviour change theories/applications. Most importantly, we will explore and help you to acquire applied techniques to use with your clients in your day-to-day contacts. You will learn how to build motivation and transition that enhanced motivation into a strengthened and real commitment to behaviour changes. We will teach you different ways to use such elements as presence, competence views, compelling questions, reflective listening, readiness to change and change talk, tagging values onto desired behaviour changes, and moving with apparent-resistance in service of your clients' needs for long-term goal setting and commitment to change. The 2-day intensive introductory session includes *extensive* practice and feedback opportunities that are particularly helpful for the seamless transition of the tools to workshop participants' practice lives. We also work with shifting client perspectives via integrating tools to use with patients or clients who experience a sense of overwhelm or being stuck in an outdated or no longer useful pattern of behaviour.

Learning Objectives:

At the end of our workshop on Motivational Interviewing & Coaching skills, participants will be better able to:

- incorporate a repertoire of motivational skills into their professional toolbox;
- build motivation and commitment with their clients;
- collaborate with more engaged patients to design a working partnership for both shifting and managing their behaviours;
- work with people's apparent resistance toward improved motivation re specific goals;
- reduce professional burnout by learning to incorporate motivational interviewing skills into their work;
- facilitate people's real and authentic commitment to making important, short- and especially long-term behaviour changes.

Workshop Facilitators:



Dr. Jennifer Irwin and Dr. Don Morrow both are award winning teachers, certified professional coaches trained and accredited with both the Coaches Training Institute and the International Coach Federation, and experienced, competent Motivational Interviewing (MI) workshop Facilitators. Both of them are also university professors, widely published authors, and proficient presenters to groups varying from small workshops to very large groups (up to 1200). Dr. Irwin is a health behaviourist and Dr. Morrow holds his PhD in the health sciences and together, they bring over 40 years of combined, professional experience to their work. They co-lead a pioneering MI-related and evidence-based research program that specializes in healthy body weight promotion and obesity reduction and prevention among youth and adults, and smoking cessation among young adults. As co-owners of The Monarch System™ Inc., our mission is to be change agent partners with health professionals who strive to motivate their clients toward sustainable behaviour choices and actions.

The Monarch System™ Inc.
73 Stephen Moore Drive
Komoka, Ontario, Canada N0L 1R0
Phone: 519-657-7074 / Fax: 519-657-7058
Email: info@monarchsyst.com
www.monarchsyst.com