

# Unlocking Change: A Free Motivational Interviewing Class



## 1-hour Synchronous Distance Learning Webinar!

Course summary: Motivational Interviewing is a conversation style to support people toward growth and change. There are over 2,200 clinical trials that support MI as an evidence-based practice. This workshop is appropriate for helping professionals who are in the role of counseling clients/patients to make and sustain healthy behavior changes: physicians, nurses, health educators, care managers, dietitians, social workers, counselors, psychologists, life coaches, clergy, probation/corrections officers, personal trainers, etc.

### Course Objectives

- List four elements of the spirit of MI
- List 10 common myths of MI

### Instructor

Hillary Logan, MSW, LCSW, LCAS

Hillary Logan has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2011. She is a Licensed Clinical Social Worker & Addiction Therapist, and absolutely delights in helping individuals, groups, and organizations learn the essential skills of Motivational Interviewing. Hillary has worked as a helping professional for 20 years, ranging from working in wilderness therapy to community mental health, providing in-home & school-based services, and as a therapist with specialties including working with anxiety, trauma, addiction, and veterans. She is also Certified in Brief Action Planning (BAP), September 2022. Read more about Hillary [here](#).

### Continuing Education

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, MI Center for Change programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.

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## Continuing Education, Cont.

- MI Center for Change is approved for Continuing Education through NAADAC, provider #222168. Most courses include NAADAC approval, and are clearly identified. If you click [here](#), you can read about organizations and boards that may accept NAADAC-approved CE's, but others may not. Each course clearly identifies CE provided.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.
- MI Center for Change, #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval periods (8/20/24-8/20/25). Social workers completing this course receive 1 continuing education credits.
- MI Center for Change (CEA-000585-4) has been approved by the National Board Certified Health and Wellness Coaches (NBHWC) to provide continuing education for National Board Certified Health and Wellness Coaches. You will receive 12 hours of continuing education for completing this course
- Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

## Course Outline

- What MI is, definition, core elements
- Underpinnings of MI and Psychological Reactance
- Spirit of MI and 4 Tasks
- Three styles of communication
- Ambivalence and evidence base of MI
- 10 Myths about MI
- Conclusion, Q&A

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## How Introduction to Motivational Interviewing Webinar works

- You will register for the dates/times that work for you, and will be emailed with your confirmation and reminders for the live webinar. Registration deadlines for Unlocking Change: A Free Motivational Interviewing Class can be found on the website.
- Captions are available during the live webinar and the recording will be sent to everyone who registers.

## Continuing Education Information

We do not provide partial Continuing Education credit for this live webinar. Participants must attend the 1 hour of synchronous distance learning in order to receive credit. Following live event attendance and completion of End of Course evaluation, participants will receive an email with their downloadable 1 hr CE certificate within 48 business hours. Participants looking to receive NBHWC CE must complete a quiz before completing the end of course evaluation in order to receive their certificate.

**Course Fee:** \$0

### **What if there is a group at my agency that wants to take the training together?**

Awesome! That's a great way to take the webinar! You can watch videos together, do practice exercises, and support one another to complete the live webinar! Groups are welcome! Each individual must have their own device to sign in for the live webinar.

**Individual Course Access:** Each member of the group must sign in the webinar link individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation.

For more information or to register a group, please contact us at [admin@micenterforchange.com](mailto:admin@micenterforchange.com)

### **System Requirements, Terms and Conditions:**

Please take the time to read the [System requirements, Terms and Conditions](#) for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions [here](#). See our Cancellation Policy [here](#).

**Disability Accommodation:** Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact [admin@micenterforchange.com](mailto:admin@micenterforchange.com) or 828-279-4985