

Wired for Change: The Neurobiology of Motivational Interviewing



1.5-hour synchronous distance learning webinar!

This 90-minute workshop explores the physiology and neurobiology of Motivational Interviewing, shedding light on the profound ways conversations can influence both the brain and the body. Drawing from current neuroscience, participants will examine how MI-consistent conversations may engage neural networks involved in self-reflection, motivation, reward, and hope.

Participants will also explore the emerging science of interpersonal neurobiology, examining how two people physiologically influence one another. In an era increasingly shaped by artificial intelligence, this workshop will make the case for why human connection remains essential to behavior change. Participants will leave with a deeper understanding on how the therapeutic environment influences the biological and psychological processes that support change, even before we see it externally.

Course Objectives

1. Explain how MI conversations may influence both the brain and the body.
2. Describe how self-persuasive change talk influences neurobiology.
3. Identify how therapeutic presence creates conditions that support change.

Course Outline

- Description of MI spirit
- Introduction to interpersonal synchrony
- Significance of interpersonal synchrony in the therapeutic environment
- Activity: Identifying how our thoughts influence behavior
- Priming the brain for growth
- Q&A

Course Level

This course is for therapists and helping professionals at the beginner through advanced level.

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Instructor

Sarah Niecko, DHSc NBC-HWC

Dr. Sarah Niecko is an Assistant Professor of Behavioral Health Sciences at the University of Alaska Southeast. She holds advanced degrees in medicine and health sciences and is a nationally board-certified health and wellness coach and a member of MINT (Motivational Interviewing Network of Trainers). Prior to teaching, she spent 17 years practicing behavioral and lifestyle medicine, two of which were spent in rural Alaska.

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.
- 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 (8/20/25 - 8/20/28). Social workers completing this course receive 1.5 continuing education credit.
- 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.

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How “Wired for Change: The Neurobiology of Motivational Interviewing” Webinar Works

- You will register by providing your name and email, and will be emailed your confirmation and reminders for the live webinar. Registration deadlines for the live webinar 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 1.5 hour of synchronous distance learning. Following live event attendance and completion of End of Course evaluation, participants will receive an email with their downloadable 1.5 hr CE certificate within 48 business hours.

Course Fee: \$0 for live attendance

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

Each individual must have their own device to sign in for the live webinar. Email for more information admin@micenterforchange.com

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

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 or 828-279-4985