Motivational Interviewing and the Benefits of Ambivalence

1.5-hour synchronous distance learning webinar!

Join us to revisit ambivalence! This workshop investigates how ambivalence can serve as a positive force for growth and change, detailing research on its benefits, barriers to achieving them, and methods to integrate these insights into motivational interviewing practice.

Research over the past two decades reveals that ambivalence has two faces: the tense, conflict-ridden state is the face that's most familiar, but ambivalence can also be a positive force for change and growth. In this workshop we'll explore what research teaches us about the benefits ambivalence has to offer, what keeps people from obtaining those benefits, and effective methods for integrating these new understandings into our practice of motivational interviewing, increasing our ability to help people resolve ambivalence by reaping its rewards.

Course Objectives

1. Explain 3 benefits of ambivalence.
2. List 3 adaptations of motivational interviewing to help people capitalize on the benefits of ambivalence for successful change.

Course Outline

- Introduction
- Three benefits of ambivalence
- Adaptations of motivational interviewing
- Benefits of ambivalence for successful changes
- Q & A

Course Audience

This workshop is geared toward the intermediate or advanced learner that already has some familiarity with the nuances of MI related to change talk & sustain talk.

Motivational Interviewing and the Benefits of Ambivalence

Speaker(s)

Allan Zuckoff, PhD
has trained and presented on motivational interviewing around the world. During a career of more than three decades he has been a practitioner, clinical researcher, and teacher in the departments of psychiatry and psychology at the University of Pittsburgh and the Director of Training and Vice President, Clinical Program Development at Vital Decisions and Evolent Health, where he oversaw innovation in the design and execution of MI-based telehealth advance care planning and patient navigation programs. Allan has served as Chair of the Board of Directors of the Motivational Interviewing Network of Trainers (MINT), editor of MINT Bulletin and Motivational Interviewing: Training, Research, Implementation, Practice, and a trainer of MINT trainers. He is the author of Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There and more than 40 published articles and chapters. His Psychology Today blog on the science and practice of motivational interviewing can be found at https://www.psychologytoday.com/us/blog/fueling-the-fire-change.

Continuing Education Available

- 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.

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Continuing Education Available (cont.)

- 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.

How "Motivational Interviewing and the Benefits of Ambivalence" Webinar Works

- You will register by providing your name and email, and will be emailed you 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 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.