

Motivational Interviewing and Self-Care Workshop

Friday, March 27, 2015 from 9 AM to 4 PM

Presented by:



Adolescent
Counseling
Services

In this one day, two-part workshop, participants will begin the day exploring the **spirit of motivational interviewing (MI)** through recognizing, maintaining, and facilitating change and commitment. The second portion of the workshop will address self-care for mental health professionals.

During this workshop you will learn to use modalities that will bring out the best in you and the best in all your interactions. We will practice specific techniques for you to connect quickly and effectively with everyone in your client caseload while learning to build-in simple self-care tools to help you refresh emotionally, mentally and spiritually.

\$50 PER PERSON

Refreshments and light lunch included

Location:

PAUSD District Office
25 Churchill Ave, Boardroom
Palo Alto, CA 94306

Register Online!

<http://acsteens.ejoinme.org/MIWorkshop>

Registration ends 3/20/15

For more info, contact ACS at:

650.424.0852 ext. 200 or training@acs-teens.org

What is Motivational Interviewing?

Motivational Interviewing (MI) is a gentle, person-centered direct method of communication for enhancing intrinsic motivation to change, by exploring and resolving ambivalence. It is an effective intervention used across behavioral domains that include health, wellness, and prevention.

Presenter: Rosalind C. Corbett

Rosalind C. Corbett is a registered Addiction Specialist and consultant, specializing in motivational interviewing, substance abuse and integrated treatment, co-occurring disorders and cultural competency. She has more than twenty-five years of management experience in the fields of mental health and substance abuse, and provides technical assistance in organizational and workforce development.

Ms. Corbett has developed a unique methodology for training counselors and helpers, to use humanistic communication skills combined with motivational interviewing techniques, making them more effective helpers. She has also developed a Biopsychosocial/Spiritual brief treatment program that employs evidence based motivational enhancement for those withing to change unhealthy behaviors or recover from addictions.