

## Registration

Motivational Interviewing-Part I  
February 5, 2010

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Agency: \_\_\_\_\_

### Credit Card Information (Visa or MC)

Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature \_\_\_\_\_

### Registration Fee:

\$35 - Non-affiliates

No fee - JRC Employees

### Mail or Fax Registration and Payment to:

Jackson Recovery Centers

Attention: Angie Anderson

800 5th Street

Sioux City, IA 51101

Phone: (712) 234-2300

Fax: (712) 234-2398

Jackson Recovery Centers, Inc.  
800 5th Street, Suite 200  
Sioux City, IA 51101



# Motivational Interviewing Part I

February 5, 2010

8:45 a.m.-12 p.m.



 **JACKSON**  
RECOVERY CENTERS  
*Life Can Change. We Can Help.*



# Motivational Interviewing-Part I

## Audience

Professionals working in the field of substance abuse, mental health, corrections, health care or any helping profession.

## Date

February 5, 2010

## Time

8:45 a.m.-12 p.m.

\*Registration begins at 8:15 a.m.

## Location

Jackson Recovery Centers  
Peter Waitt Education Center  
800 5th Street, 2nd Floor  
Sioux City, IA 51101

**Capacity is limited to  
55 participants**

**Registration Deadline  
is February 1, 2010!**

## Purpose

This workshop is intended to introduce participants to Motivational Interviewing, a treatment approach that helps clients move through the stages of change and find the internal motivation to change what is not working for them. This MI training is part of a national effort to use evidence-based practice in substance abuse counseling. This 'way of being' with another person will be beneficial, no matter what your role is in a helping agency.

## Objectives

At the completion of this workshop participants will be able to:

- ◆ Describe MI as a 'way of being' with people.
- ◆ Describe the Stages of Change and how that fits with vision.
- ◆ Describe how certain behaviors can increase resistance in other people.
- ◆ Identify strategies used in MI.
- ◆ Develop ways of communicating in a more productive way.

## Faculty

**Kris Bengford, ACBSW, CADC**, is a Certified Addiction Counselor and a Licensed Bachelor Level Social Worker with over 15 years of experience in the therapy field. She has provided this training numerous times across the state of Iowa, is recognized as an M.I.N.T. trainer, and is an expert in utilizing the M.I. approach. She is currently a Therapist at Jackson Recovery Centers working in group settings as well as conducting individual and family therapy sessions.

## **Continuing Education Units (CEU's)**

Program approved for 3 hours of Continuing Education with IBC for Iowa Substance Abuse Counselors and meets the requirements for 3 hours of continuing Social Work education through the Iowa Board of Social Work Examiners.