



Motivational Interviewing Training

Thursday, November 14, 2019

9:00 am – 5:00 pm

Raleigh Marriott Crabtree Valley

Training Agenda

9:00 am	Introductions/Overview of Learning Objectives
9:30 am	<ul style="list-style-type: none">• Introduction to Motivational Interviewing• History and the Transtheoretical Stages of Change
10:45 am	Break
11:00 am	<ul style="list-style-type: none">• Motivational Interviewing Activity• Discussion
12:00 pm	Lunch (<i>on your own</i>)
1:00 pm	4 Principles of Motivational Interviewing
2:45 pm	Break
3:00 pm	Techniques for Micro-skills of Motivational Interviewing
4:15 pm	Strategies to Avoid in Motivational Interviewing
4:30 pm	Summary/Questions/Closing