

Motivational Interviewing & Stages-of-Change Theory: Guiding Clients Toward Self-Directed Change and Growth

Motivational Interviewing and Stages-of-Change Theory have becoming innovative interventions with clients who are “getting ready to be ready” to addressing their problems of living. While developed for and often utilized to address problems with substance use and dependency, these versatile models of intervention are equally effective in addressing other areas of behavioral health: depression, personality disorders, and trauma. This seminar will serve as an introduction to these models of intervention and will provide participants with clinical cases examples of the rational and effectiveness of Motivational Interviewing and Stages-of-Change Theory across a number of common presenting problems and diagnostic categories.

Seminar Learning Objectives:

1. Participants will gain a richer appreciation for the relevance of motivational interviewing and stages-of-change theory, especially their utility across a variety of diagnostic categories.
2. Participants will gain an understanding of the influences of cultural variables in how change is planned for and experienced.
3. Participants will gain practical intervention/interpretive skills to help client/clinician navigate the process of motivation toward changing maladaptive or destructive behaviors.