



#### **PRESENTED BY:**

On Our Own of Frederick County

22 S Market Street, Suite 110 Frederick, MD 21701

#### **FACTILITATORS:**

Jill Krisnitsky, RPS Lorenzo Jones, CPRS

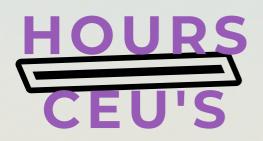
### ABOUT THE COURSE: OVERVIEW

Motivational interviewing is a method that promotes positive behavior change. It is an evidence-based treatment method that has been evaluated in more than a thousand controlled clinical trials.

Motivational interviewing is based on the principles of therapeutic communication and instead of providing advice, or even just a listening ear, the interviewer acts as a coach for the peer. Motivational interviewing is a collaborative process that edifies and makes the peer responsible for personal choices. It is not exclusively a stand-alone therapy. It can be incorporated into treatments and routine care for peers with various health issues, including those with physical health problems, mental health issues, or substance use and addiction disorders. Motivational interviewing has also successfully been used along with other forms of therapy to improve the connection between the peers and to alter the process at which the peer makes life changes.

In this training participants will learn how to engage with their peers in a practical way to help them find and build their own motivation for change. Each day includes carefully crafted video lessons and demonstrations that show participants not just what to do but how to do it, plus animations and interactive quizzes designed to both entertain you and reinforce key learning points.

# ABOUT THE COURSE: OVERVIEW



16 hours, live (in-person), online, and asynchronous. Our asynchronous team leaders are: Jill and Kristen.



In-person at On Our Own of Frederick, your office (5+ more people required for attendance), and online on Canvas.

Where?!

#### MEET OUR TRAINING TEAM!



#### JILL KRISNITSKY

**Training Director, CPRS, RPS** 

Jill created the CPRS
Training Program and
asynchronous courses for
OOOFC. She also facilitates
our Peer Supervision groups
twice weekly and works
one-on-one with the
program participants.

jill.ooofc@gmail.com



## LORENZO JONES Training Team

Lorenzo takes care of the behind the scenes training tasks, he assists with grading assignments, maintaining participant documentation and is here to help anyone who needs it!

lorenzo.ooofc@gmail.com 240.629.8015

#### **Course Outline**

- Welcome and Overview
- Who are we?
- Who are you?
- Basic Principles of Motivational Interviewing
- OARS and Communication Styles
- Patient-Centered Conversations
- The Questions We Ask
- Reflective Listening
- Acceptance, Compassion, **Evocation**
- Stages of Changeand so much else!





#### **Additional Training**

We are always expanding our trainings and looking to add more! If there is a course you've been looking for and you can't find it on our site, please let us know!