



MOTIVATIONAL INTERVIEWING



ON OUR OWN
Frederick

PRESENTED BY:

On Our Own
of Frederick County

22 S Market Street, Suite 110
Frederick, MD 21701

FACTILITATORS:

Kristen Jean
Jill Krisnitsky, RPS
Christopher Ketterman

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

HOURS
CEU'S

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

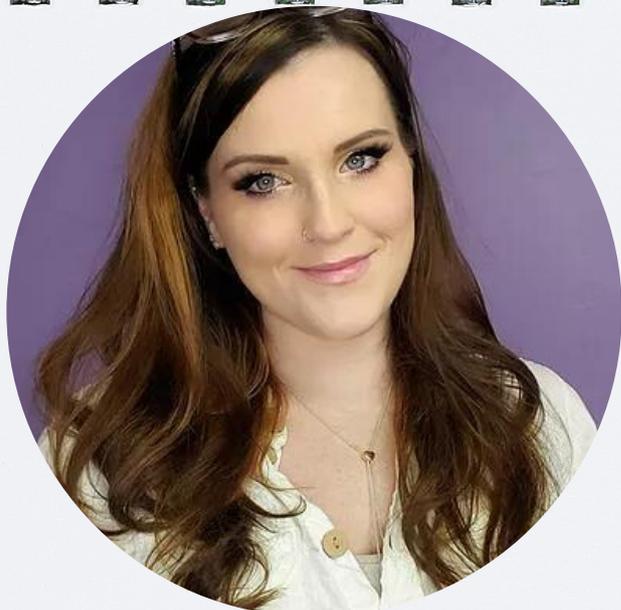


In-person at On Our
Own of Frederick, your
office (5+ more people
required for
attendance), and online
on Canvas.

Where?!

MOTIVATIONAL INTERVIEWING FOR PEERS

MEET OUR TRAINING TEAM!

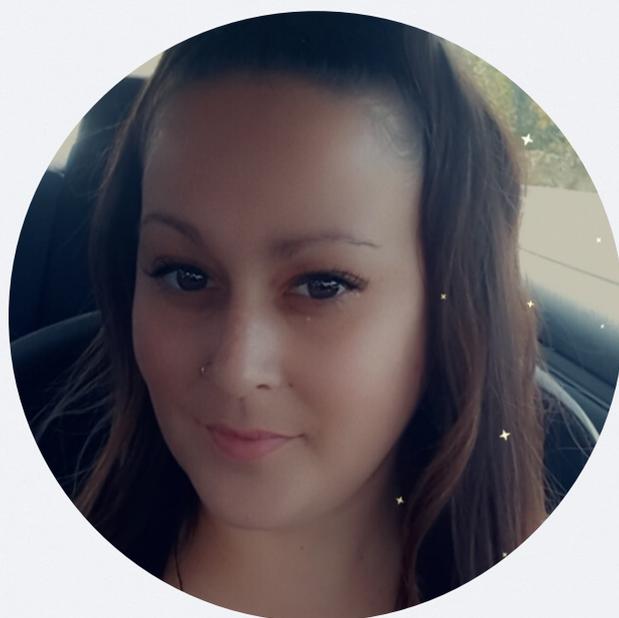


JILL KRISNITSKY **Executive Director, RPS**

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

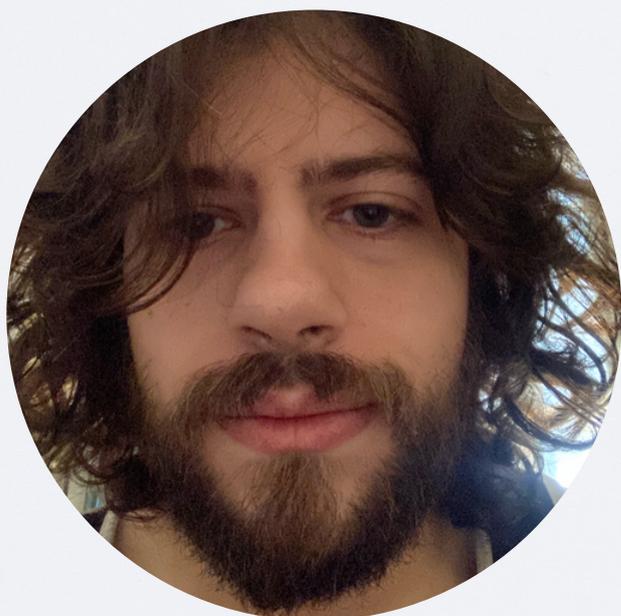
KRISTEN JEAN **Programs Manager**

Kristen facilitates peer support and handles our CPRS onboarding and documentation!



CHRIS KETTERMAN **Training Team**

Chris takes care of a lot of the behind-the-scenes work. If you need any tech support, he's your guy!



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 Change
- ***and 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!**

