

What Others Have Said

“There’s a whole landscape of possibilities with MI! I’m really excited to put my new skills into practice!”

“Great new ideas and methods for interacting with clients.”



“The trainers provided caring, gentle guidance. It was a pleasure to watch them model their skills.”

“I liked everyone’s willingness to really practice and risk making mistakes.”

“...more experiential than almost anything I have ever been to.”

Trainer

Kathy Silverman—

Kathy is a Health Educator with the HIV/AIDS Program. She trains on HIV/AIDS, counseling skills, crisis and suicide assessment and intervention, harm reduction, and behavior change. Kathy is also a WA State HIV Prevention Counseling Trainer.

The **HIV/AIDS Program** offers free and low-cost training in King County on such topics as:

- HIV/AIDS/hepatitis and STDs
- HIV counseling and testing
- Risk assessment/risk reduction counseling
- Needle exchange and syringe access
- Harm reduction
- HIV Prevention Essentials

Additional educational services include:

- Video, computer, and library resources on HIV/AIDS.
- Extensive collection of print materials on HIV, STDs, and drug user health.

For more information, contact Kathy Silverman at 206-205-0586 or by email at kathy.silverman@kingcounty.gov.

HIV/AIDS Program

400 Yesler Way, 3rd floor
Seattle, WA 98104
206-296-4649
206-296-4843 TTY

Public Health 
Seattle & King County

Alternative formats available.

01/2009

Motivational Interviewing

Helping People Change



Theory
»
Skills
»
Practice

**2009
Workshop Schedule**

Public Health—Seattle & King County

Motivational Interviewing is a “client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.”

ABOUT OUR TRAININGS

Each workshop includes:

- 2 days of blended theory, discussion and hands-on practice of core MI skills.
- A third day to debrief and hone skills after a period of real-life practice.
- A complete training manual and post-course resources.

Training Benefits:

Improved listening, conversation skills, and techniques for enhancing motivation.

- *Increased confidence in helping clients explore and sustain change.*
- *Reduced frustration and client resistance.*

2009 WORKSHOP DATES

Series I: April 16, 17 & June 5

Series II: June 11, 12 & August 10

Series III: October 15, 16 & November 18

9:00 am - 4:30 pm each day.

Attendance on all 3 days is required to ensure learning continuity and to receive a certificate of completion.

Lunch is on your own but afternoon snacks will be provided.

LOCATION

The 2100 Building, www.2100building.com, 2100 24th Avenue South (corner of Rainier & 24th).

FEES and REGISTRATION

\$150/person or \$130/person with 3 or more participants from same agency.

To register:

1. Complete and mail attached registration form with payment -or-
2. Complete form online and mail payment.

www.kingcounty.gov/health/hiv
(click on HIV/AIDS programs)

You are not registered until payment is received.

- ◆ Workshops are limited to 20 persons and fill quickly. Early registration is encouraged!
- ◆ Refunds are available only for cancellations made at least 5 days prior to your confirmed workshop. The full fee will be charged for all late cancellations and “no shows.”

Public Health employees:

DO NOT send payment. Complete a Travel/ Training form to charge payment to your organization/project.

CE CREDITS

15.2 CE hours are offered for this workshop.

Public Health - Seattle & King County is approved to provide CE credits by the WA State Department of Health and the WA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Please complete and return this application along with payment to:			
Diane Ferrero, HIV/AIDS Program, 400 Yesler Way, 3rd Floor, Seattle, WA 98104			
(206) 296-4649 Email: diane.ferrero@kingcounty.gov			
Name		Position	
Agency		Class Dates Requested	
Street		Telephone	
City		FAX	
State		Zip	
Email			
**Public Health employees must complete a Travel/Training form to charge payment to your organization/project .			
Registration is also available online at www.kingcounty.gov/health/hiv (click on HIV/AIDS programs)			