

Motivational Interviewing: A Focus on Evocation Techniques to Elicit and Strengthen Change Talk

*For professionals in behavioral health,
psychologists, counselors, social workers, and
drug & alcohol counselors*

Motivational Interviewing (MI) is an evidence-based technique of effectively communicating with others, to gain rapport and trust, obtain more information, address risk behaviors, and evoke internal motivation to sustain long-term behavior change. MI can also be paired with other modalities to increase effectiveness.

Gaining skill proficiency in this technique is a process and like learning a new language requires much practice and feedback. Participants will learn the history and broad application and pairing of MI as an evidence-based practice and gain a better understanding of the use of ten Evoking Change Talk Techniques to strengthen client commitments to change. This training is for participants new to MI or trained previously in MI at all levels.

OBJECTIVES

1. Describe the history and development of Motivational Interviewing and how it is learned.
2. Explain how the use of MI approaches differ from traditional approaches in motivating behavioral change, and how it can be paired with other evidence-based modalities to increase effectiveness.
3. List the ten Evoking Change Talk techniques to elicit and strengthen client/patient behavior change.

LOCATION

Zoom Webinar

COST

No fee to attend this training.



BRENDA JENNINGS

MA & MOTIVATIONAL INTERVIEWING NETWORK OF TRAINERS (MINT) MEMBER

After 12 years working for the Nebraska Supreme Court as a probation officer and statewide trainer inspiring not only her clients toward positive behavior change, but also training her colleagues, Brenda formed her own company, Motivate 2 Communicate, LLC in 2012 to pursue her passion of inspiring client long-term behavior change. Her company offers tailored certified trainings and curriculum development in behavior change, motivational interviewing, evidence-based practices, trauma informed care, risk/needs assessments, and more.

Brenda holds a bachelor's degree in Sociology/Criminal Justice from Midland University and master's degree in Health Communication/ Non-Profit Management from Johns Hopkins University. She is a criminal justice instructor and online lead at Metropolitan Community College and adjunct instructor at multiple universities in Nebraska. She is author of the prison-change curriculum The Transformation Project, and a member of the highly esteemed international MINT organization.

There are no personal or professional relevant conflicts of interest in relation to this presentation.

**Tuesday, April 8, 2025
8:30 a.m.– 12:00 Noon (Central)**

CONTINUING EDUCATION

INSTRUCTIONAL LEVEL: Introductory

This training has been approved for **3.25 CE credits for psychologists* and Nebraska LIMHP/LMHP**. Credits will be awarded to participants who attend the entire training.

*Continuing education for psychologists may be used by other licensed behavioral health professionals. Please check with your licensing board. Continuing education credit is granted on a one credit per one instructional hour basis.

The University of Nebraska Public Policy Center (NUPPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The NUPPC maintains responsibility for this program and its content.

SPONSORS

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