



# Motivational Interviewing for Health and Wellness

Wednesday, June 19th and  
Thursday, June 20th

9:00 a.m.— 4:00 p.m. (8:30 a.m. Registration)

## About this training

This 2-day training is being presented by Stephanie Lagalo, LMSW, CAADC, CCS, Director of Field Education from the School of Social Work at Western Michigan University.

The focus of this training is not just for clinicians, but for all individuals who interact with those suffering with SUD and poor mental health of all ages. Both days of training will incorporate lecture, skills practice using various breakout activities, role play, real play (actual de-identified case samples) and evocative exercises.

## Training Objectives

- Define Motivational Interviewing and identify how it can be useful in your practice
- Understand the 'Spirit' of Motivational Interviewing
- Understand the Four Processes used in Motivational Interviewing
- Identify the three common approaches to helping people change
- Name and describe the four general principles of Motivational Interviewing
- Define OARS
- Identify the three levels of reflections
- Define stage-wise motivational interventions
- Apply stage-wise tools to treatment planning for all ages
- Identify and apply stage-matched treatment goals to a recovery-oriented treatment plan

## College of Health and Human Services

Room 4010  
Western Michigan University  
Kalamazoo, MI 49008

Visitor Parking in Lot 104 off Cass Street  
<https://wmich.edu/hhs/directions>

### TARGET AUDIENCE

NURSES, CASE MANAGERS AND  
RECOVERY COACHES

NO COST

FOR SWMBH AFFILIATES

EMAIL REGISTRATIONS TO  
[TRAININGINFO@SWMBH.ORG](mailto:TRAININGINFO@SWMBH.ORG)

12 SWCEU & MCBAP

CREDITS OFFERED

LUNCH AND REFRESHMENTS  
WILL BE PROVIDED

