The MI Effect

To "Come together. Make a difference. Be R.E.A.L."

Motivational Interviewing Workshop

The R.E.A.L Alcohol Coalition has partnered with Scott T. Walters, Ph.D., from The University of Texas School of Public Health, to provide an introduction of the principles and strategies of Motivational Interviewing (MI) style, including the clinical method and its theoretical research base. Through presentation, demonstration, and practice, attendees will learn how to use MI techniques to draw out a clients' own desires, ability, reasons and need for change.

August 4 - 5, 2011

The University of Texas at San Antonio

8:30am - 4:00pm

To register, please complete the registration form and email it to the below address or fax it to 210-458-6808. Free parking and a map will be provided to registrants.

Mission of the R.E.A.L. Alcohol Coalition

The R.E.A.L. Alcohol Coalition, hosted at UTSA, is a statewide coalition that focuses on the prevention and reduction of alcohol related incidences among college students. The mission of the coalition is to create healthier and safer environments for all college-aged students by preventing and reducing the incidence of alcohol consumption, including underage and binge drinking. This statewide coalition focuses on responsible drinking and reducing risky behaviors associated with alcohol.

Why Come?

- Learn/recall key components and principles of Motivational Interviewing
- Identify the common and unique elements of MI as a clinical style
- Demonstrate basic reflective listening skills
- Identify client change talk and understand how it contributes to MI practice
- Understand and implement specific MI techniques, including:
    - Methods for responding to client resistance
    - Eliciting and reinforcing "change talk"
    - Consolidating commitment around change
- Understand how to adapt MI to variety of campus settings
- Develop a plan for increasing and generalizing skills

For more information: call 210-458-6428 or email studenthealthservices@utsa.edu

Student Health Services

UTSA
The University of Texas at San Antonio
STUDENT AFFAIRS