

# MOTIVATIONAL INTERVIEWING IN-PERSON TRAINING OPTIONS



## DESCRIPTION:

The Motivational Interviewing (MI) Training is designed to bring a foundation of best practices and innovative approaches to human service providers. According to the founders, William Miller and Stephen Rollnick, "Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for, and commitment to, a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion." Motivational Interviewing is a critical tool for those in the helping professions. Many clients have substantial difficulty making changes around lifestyle and treatment, which are needed to live a healthy life.

## TRAINING OPTIONS:

Coldspring Center offers several in-person training options.

- Introduction to Motivational Interviewing – A popular conference option, perfect for a 75-90-minute workshop. Participants will leave with an understanding of MI and ideas for implementation.
- Motivational Interviewing Theory, Skills Building, and Implementation – This training can be presented in one or two days of training. Participants will gain a thorough understanding of MI theory and how it can be utilized to improve outcomes. There are skills-building exercises included to help participants build confidence in implementing MI with clients. Additionally, the training examines strategies for implementation and continued learning.
- Motivational Interviewing Skills Building – Focuses on the implementation of theory and approaches introduced in the Motivational Interviewing online training\* to improve confidence and practical application of the skills. Implemented in half-day or full-day formats, this training provides coaching, skills-building, case reviews, and brainstorming on how to implement MI with specific clients.
- Motivational Interviewing Implementation Support – Provides support and technical assistance to leaders and/or teams in the process of implementing the concepts in the online training. This support is customized to the organization's specific MI implementation needs.

## PRESENTER INFORMATION:



**Olga M. Vera, Ph.D., President and CEO**, is a licensed Clinical Psychologist with over 24 years of experience in the mental health field as an administrator, researcher, trainer, and treatment provider. Dr. Vera brings years of leadership experience and is considered a trauma expert in Colorado. She has worked in a variety of settings, such as higher education, hospital, community mental health, and non-profit agencies. Dr. Vera is an EMDRIA certified EMDR therapist, consultant, and training facilitator. Dr. Vera's treatment modalities include Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution Focused Therapy, Motivational Interviewing, TF-CBT, Hakomi, PACT Couple Therapy, and Systems Approach. Dr. Vera has worked extensively with children, adolescents, and adults providing evidence-based treatment.



**Robert George, Project Manager/Trainer**, specializes in the development and provision of client-centered, comprehensive, quality service delivery and leadership. His experience includes 18 years in the HIV services field providing direct care and leadership in the areas of case management, behavioral health, housing services, prevention services, and oral health services. Robert has experience with compliance management and quality assessment and improvement projects, in both urban and rural service settings. His focus is to assist helpers to more skillfully support their clients and patients utilizing the theories of harm reduction, motivational interviewing, and trauma informed care. Robert also utilizes these theories and concepts with program supervisors and managers with the goal of supporting them to develop into healthy teachers and mentors. Robert is a highly interactive trainer who engages learners to use their experiences to understand the training content and integrate it into their daily work with clients.

## EVALUATION AND CONTINUING EDUCATION CREDITS:

An in-person training evaluation and final report may be provided at the completion of the training. Individuals who complete the training may be eligible to earn Continuing Education Credits (CECs). Coldspring Center partners with the National Association of Social Workers – Colorado Chapter (NASW-CO) to provide the CECs. It is the responsibility of the organization/individual learner to confirm that their specific licensing body will accept CECs from NASW-CO.

## SERVICES\*

<b>Services available</b>	<b>Cost</b>
In-person training and facilitation <ul style="list-style-type: none"><li>• 0 to 4 hours</li><li>• 4 hours to 1 day</li></ul>	\$1,500 \$1,500 - \$3,000
Travel Expenses (airfare & baggage, ground transportation, hotel, meals)	To Be Determined
Technical Assistance, Coaching, Systems Implementation Support	\$125/hour
Webinar(s) to support implementation, facilitation, skills building	\$250 each

\*You can find more information about the online curriculum at our website, [ColdspringCenter.org](http://ColdspringCenter.org), or contact us at [Info@ColdspringCenter.org](mailto:Info@ColdspringCenter.org)

## CONTACT US:

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