

An Introduction to Motivational Interviewing

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Motivational interviewing is a client-centered, directive counseling style that promotes inner change by exploring and resolving ambivalence. This workshop provides an overview of motivational interviewing as well discussion about its style and spirit. It includes discussion of relevant literature related to sexual offender treatment outcome as well as an overview of the extensive literature related to motivational interviewing. Participants will learn skills through interactive and enjoyable activities. Key areas include strategies for assessing ambivalence about change, developing discrepancy between a client's current and desired states, and methods for eliciting "change talk" and self-motivating statements.