



Using Motivational Interviewing to Promote Change

May 4, 2021

A Live Webinar

11:30 AM – 1:00 PM CDT

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Featuring

Mia Croyle, MA, Behavioral Health Project Specialist, MetaStar

This highly interactive workshop will introduce the Motivational Interviewing (MI) approach for those working to promote changes in individuals and on a system level. During this webinar, we will discuss ways to promote engagement and changes related to tobacco, alcohol and drug use, vaccine hesitancy, and the changes we often ask staff to make during quality improvement initiatives.

MI is particularly useful to help people examine their situation and options when any of the following are present:

- Ambivalence is high and people are stuck with mixed feelings about change
- Confidence is low and people doubt their abilities to change
- Desire is low and people are uncertain about whether they want to make a change
- Importance is low and the benefits of change and disadvantages of the current situation are unclear.

Participants will learn the basics of the core MI skills of open questions and reflective listening and will leave the workshop with strategies to try in their personal and professional lives.

Who Should Attend

- Clinical staff who have patient contact (providers, nursing and other patient care staff)
- Quality improvement, managerial, and administrative staff whose work involves promoting staff changes

About Our Presenter



Mia Croyle, MA is a Behavioral Health Project Specialist with MetaStar. Trained as a mental health counselor, Mia has worked in a variety of behavioral health and primary care settings. She has spent the past 10 years focused on the integration of behavioral health into primary care settings, including screening and brief intervention for alcohol and substance use disorders and mental health conditions. She is a sought-after trainer in Motivational Interviewing, an evidence-based communication style to facilitate behavior change, and a member of the Motivational Interviewing Network of Trainers (MINT). She has a master's in clinical mental health counseling from Valparaiso University.

For information related to the webinar, contact [Mary Kay Fahey](#).