

LSS/StreetWorks Safe Harbor Training 12/21/2016

Topic: Motivational Interviewing

Summary: The spirit of motivational interviewing is designed to respectfully engage in collaborative conversations that help others to explore the possibility of change in their lives. This training will address the principals of motivational interviewing and harm reduction. We will also discuss the stages of change, how to identify them and ways to utilize Motivational interviewing techniques while engaging with young people.

Critical Points:

- An overview of Motivational Interviewing and how it addresses ambivalence towards change.
- Understanding the Philosophy of Motivational Interviewing and how it applies to The Stages of Change Model.
- Learning how to apply Motivational Interviewing techniques while doing outreach work.

Presenter: Nancy Cusack, Licensed Psychologist, Trainer and Consultant



Nancy Cusack is a Licensed Psychologist with has been working with runaway, homeless youth and their families for the past twenty five years. She also works with adults who are struggling with Mental Illness. Nancy works at two area clinics: The Runaway Intervention program at MCRC, a child abuse advocacy center at Children's Hospital and North Suburban Counseling Center, a Community Mental Health Clinic. Nancy also consults with some area youth shelters and provides trainings in the areas of Ethics and Boundaries, Trauma, Mental Health, Adolescent Development and Post Modern Counseling Approaches.

Learning Objectives:

1. Participants will understand the principals and basic techniques of motivational interviewing and harm reduction.
2. Participants will understand that the change process is fluid and that it is characterized by a series of stages of change.
3. Participants will be able to identify the stages of change and understand how to apply motivational interviewing practices while collaborating with young people.

Be sure to save the date for the next StreetWorks Safe Harbor Trainings!

2/15—LSS State Center – Self Care

4/19 – LSS Eustis – TBD

6/21 – LSS Eustis – TBD

Thank you on behalf of LSS and the Streetworks Collaborative

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