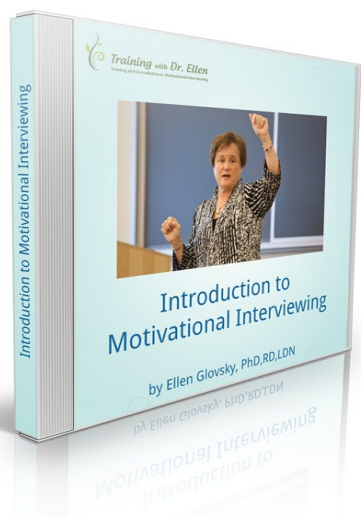


# Training with Dr. Ellen

## Introduction to Motivational Interviewing



- Motivational techniques you can apply immediately
- 47 minutes of recorded instruction with topical resources
- Includes color, professional PowerPoint slides and handouts

**\$35.00**

- ✓ Learn the basics of Motivational Interviewing and its application to health behavior change counseling
- ✓ Discover the spirit and techniques of Motivational Interviewing, including:
  - ⇒ The guiding, collaborative style of Motivational Interviewing
  - ⇒ Dealing with the "righting reflex" and client resistance
  - ⇒ Identifying and responding to change talk
  - ⇒ Using the Decisional Matrix and Importance/Confidence techniques



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