

## Motivational Interviewing Workshop



Motivational Interviewing is one of the most-studied modalities for helping clients resolve ambivalence and achieve the changes they would like to see in their lives.

### DESCRIPTION

A transdisciplinary skill, motivational interviewing (MI) can increase the effectiveness of anyone in a direct-contact role with others, including healthcare professionals, business managers, and psychotherapists. Attendees will learn the core philosophies of MI, as well specific techniques to put MI practices into action. This workshop series incorporates opportunities for small-group practice, to try out new skills and process the experience in real-time.

### SPEAKER Dr. Aaron Weiner, PhD, ABPP



**Dr. Aaron Weiner is a board-certified psychologist and owner of Bridge Forward Group, a private practice and consulting organization.** He earned his doctorate from the University of Illinois at Urbana-Champaign

and completed his fellowship in addiction psychology at the VA Ann Arbor Healthcare System. Prior to forming Bridge Forward in 2020, Dr. Weiner served as the director of addiction services at Linden Oaks Behavioral Health in Naperville, Illinois, and the founder and clinical director of the Spectrum Health Addiction Rehabilitation Program in Grand Rapids, Michigan.

Dr. Weiner is a strong advocate for evidence-based care in treating chemical dependency and behavioral addictions, as well as a proponent of integrating behavioral health services into medical settings. Dr. Weiner has been an outspoken advocate for numerous forward-leaning trends, including naloxone co-prescribing in hospital settings, fentanyl test strips, responsible opioid destruction, marijuana education, person-first language for stigma reduction, and vaping awareness for youth. He has spoken nationally on the topics of opioid addiction, marijuana commercialization and the vaping epidemic, as well as has served as a context expert for both policy-makers and media outlets.

## Event Details



**Friday, June 24, 2022**

8:00 AM – 4:00 PM



**Linda A. Kurzawa Community Center**

115 N. County Farm Rd.  
 Wheaton, IL 60187

**After attending this session, participants will be able to:**

- Describe the four components of the **MI spirit / philosophy**
- Identify the four microskills comprising the **OARS model for active listening**
- Understand each component of the **“DARN CAT” categories of change talk**
- Identify three specific **interventions that can be used to elicit change talk**

### Continuing Education:

#### 7 CME Credits

For physicians of all specialties, physician assistants, etc.

#### 7 CEU Credits

For social workers, counselors and nurses

**Funding provided in whole or in part by the Illinois Department of Public Health.**

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<https://bit.ly/3Pc35uD>