HEALTHY LIVING AND OUTREACH

TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center
Facilities of Fort Defiance Indian Hospital Board, Inc.

Suicide Prevention Awareness

MOTIVATIONAL INTERVIEWING

Welcomed Participants: Health Professionals and Community Members
Motivational Interviewing (MI) is an evidenced-based practice that centers on the motivational processes within the individual that facilitate change. These skills used in numerous settings when someone is struggling with a behavior change, decision fatigue, or exploring ambivalence.

WELCOME TO PROFESSIONALS

- Healthcare Providers
- Behavioral Health
- Diabetes Management
- Physical and Wellness
- Teachers/School Staff
- Community Members

LEARNING OBJECTIVES:

- Describe three communication styles and common communication "roadblocks"
- Review the components of the "Spirit" of Motivational Interviewing.
- Identify core Motivational Interviewing skills to assist with positive communication.
- Get an introduction to the "OARS (Open questions, Affirmation, Reflective listening, and Summary reflections) technique".

Hosted By:
TMC HP/DP Department

988 SUICIDE & CRISIS LIFELINE

FREE TRAINING

October 29th

9:00 AM - 4:00 PM

WRUSD Administration Building
Multipurpose Room
Fort Defiance, Arizona

FOR INFORMATION CONTACT:

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REGISTRATION REQUIRED
https://www.surveymonkey.com/r/hpdpmitraining

SCAN QR CODE TO REGISTER

Learn more about Training Facilitator Denise Beagley
www.beagleyconsulting.com