



## Motivational Interviewing Clinical Skills Training- Level I

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**Homewood Suites Hotel by Hilton – Mall of America  
Bloomington, Minnesota  
April 2-3, 2009**

*Motivational Interviewing Clinical Skills Training- Level I* is based on the work of William R. Miller and Stephen Rollnick, and focuses on the essential principles and techniques of MI. Motivational Interviewing is an Evidence-Based Practice designed to help facilitate and support client change. MI is used in a number of settings, and research demonstrates statistically significant outcomes when using MI with issues of substance abuse, mental health, primary health and more!

The 2 day workshop is highly experiential, giving practitioners hands-on exposure and practice. Training activities will help participants advance their levels of competency regardless of the amount of previous MI training or exposure.

Training objectives:

- To learn the basic clinical style of MI, and how to continue learning it in practice
- To understand the fundamental spirit and principles of MI
- To strengthen empathetic listening skills (OARS)
- To understand and practice the directive aspects of MI
- To experience and practice and MI style for meeting resistance
- To learn the fundamental client language cues (change talk and resistance), that allow continued feedback and learning in practice

### ***Instructors: Sue EckMaahs & Jonathan Lofgren***

*Sue EckMaahs* has over 18 years experience in the technologies of human potential and change. Sue has been practicing Motivational Interviewing since 1993 and applying the methodology for over 15 years. She is a member of the international *MINT* forum (Motivational Interviewing Network of Trainers). During her career, Sue has served as a practitioner, manager/supervisor, program developer, trainer/consultant, group facilitator, professional coach, and scholastic educator. President of *EckMaahs and Associates, LLC*, she is also a trainer and consultant with Orbis Partners, Inc. (Ottawa, Ontario, CA). She is nationally sought for her dynamic skills in training/coaching, and as a consultant around implementation and quality control for evidence-based practices in Corrections and Human Services.

*Jonathan Lofgren* has 19 years of national and international substance abuse, mental health treatment, research, training & performance improvement consulting, program development, and education experience. Mr. Lofgren has a Master of Science Degree in Human Services, specializing in Community Counseling Psychology from Springfield College in Tampa, FL, and is currently working

toward a doctorate in education, specializing in training and performance improvement at Capella University.

Mr. Lofgren is a Licensed Alcohol and Drug Counselor (L-ADC) in Minnesota, and Board Certified Addictions Counselor (BCCR) and IC&RC – MN. He is a member of the Motivational Interviewing Network of Trainers (MINT), a faculty member of the National Drug Court Institute, and a Board member of the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH). Currently, Jonathan serves as a consultant to African American Family Services, an associate with EckMaahs & Associates, LLC and an Instructor at Minneapolis Community and Technical College.

**Training Location:**

Homewood Suites by Hilton – Mall of America. The Homewood Suites is a very comfortable training location which features guest suites with fully equipped kitchens, hot breakfast, and evening receptions. It is across the street from the Mall of America and is located directly on the LRT (Light Rail Train) line to downtown Minneapolis. The hotel offers a free shuttle service from the Minneapolis/St. Paul International Airport. There is free parking directly in front of the hotel for local training



**Tuition:** \$295.00, training, training materials, and lunch.

**Refund policy:** A \$50.00 processing fee will be charged for cancellations made by March 26<sup>th</sup>, 2009. Cancellations made after March 26<sup>th</sup> are non-refundable.

**Travel/Lodging:** The Homewood Suites by Hilton – Mall of America is closest to Minneapolis/St. Paul International Airport (MSP). Hotel contact information: 2261 Killebrew Drive, Bloomington, Minnesota, United States 55425; Tel: 1-952-854-0900 Fax: 1-952-854-9571.

The hotel offers a free shuttle service from the airport. Local commuters will find travel directions at [www.minneapolis.homewoodsuites.com](http://www.minneapolis.homewoodsuites.com). Those staying at the hotel should ask to be booked in one of the rooms set aside for the *EckMaahs & Associates Training Event*. Discounted rates apply.

**Training Hours:**

8:30-4:30 (registration and coffee/rolls at 8:15 AM).

**Registration:**

Please complete the attached registration form below, and email or send to:

EckMaahs & Associates, LLC  
413 Wacouta Street, Suite 540  
Saint Paul, MN 55101 FAX: 651-204-2114

Payment can be made in the form of check made out to: EckMaahs and Associates. We also accept VISA or Mastercard. Questions may be directed to Mark Morgan via email at [m.morgan@eckmaahs.com](mailto:m.morgan@eckmaahs.com) or by calling 651-489-1122. This workshop is limited to 24 participants.

**EckMaahs & Associates, LLC**  
[www@eckmaahs.com](http://www@eckmaahs.com)

**Registration Form:**

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Name \_\_\_\_\_

Title \_\_\_\_\_

Agency \_\_\_\_\_

Work address \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

Regarding Payment \$295.00:

\_\_\_\_\_ Check or money order attached.

\_\_\_\_\_ Purchase order attached. A check will be mailed at least two weeks prior to the training event.  
Please understand that registration is not complete until registration fee is received. Your seat may be given to an applicant on the waiting list if payment is not received within 2 weeks of registration.

If payment will come from another name or agency, please specify agency: \_\_\_\_\_

\_\_\_\_\_ Credit Card Payment:

Credit card type: \_\_\_\_\_ VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover

Credit card number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

CVV2 code from back of card: \_\_\_\_\_

Name as it appears on credit card: \_\_\_\_\_

Address and zip code as they appear on the card: (Check here if same as above \_\_\_\_\_)

**Please submit registration and payment by mail, FAX or e-mail to:**

**EckMaahs & Associates, LLC, 413 Wacouta Street, Suite 540  
Saint Paul, Minnesota 55101 FAX: 651-204-2114  
E-mail: m.morgan@eckmaahs.com**