

# Motivational Interviewing

## Evidence-based Treatment for Depression, Anxiety, Substance Abuse and More

Thursday, September 18, 2025

### Program Information

#### Eastern Time

**8:00am** Program begins

**11:50pm-1:00pm** Lunch break

**4:00pm** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

#### Registration Link:

<https://forms.office.com/r/nMSfPmMLE5>

#### Host:

Juvenile Welfare Board of Pinellas County

For additional information visit:

<https://cdn.pesi.com/pdf/inhouse/faq.pdf>

#### Target Audience:

Social Workers, Counselors, Psychologists,  
Educators, Nurses, Physicians,  
School Counselors

Working with clients who resist change is exhausting and time consuming...

**...And you may be increasing client resistance without even knowing it.**

You spend valuable session time chipping away at the resistance to change. Then in your "off" time, you spend time thinking about why they can't change or where you might be missing the mark in your treatment approach and therapeutic relationship.

Motivational Interviewing is an effective evidence-based treatment and it's not just for substance abuse.

Motivational Interviewing can provide you with the approach you need to **ease your effort** as a clinician and **motivate clients to want to change**.

In this 1-day live webinar with Motivational Interviewing expert Angie Wood, you will walk away with:

- Tools to increase client motivation with depression, anxiety, substance abuse and trauma.
- Fewer no shows, better adherence to your treatments and clients invested in the therapeutic process.
- Powerful interventions to ease your effort as a therapist!

Angela Wood, PhD, has been a therapist for over 20 years and led hundreds of clinicians in learning Motivational Interviewing. The author of *The Motivational Interviewing Workbook: Exercises to Decide What you Want and How to Get There*, Angie has helped thousands of clients better understand their fear of change and create a safe path to actionable change behaviors.

In this live, one day webinar, Angela will share with you the most common reasons people resist change and the clinical tools to help you experience **more ease as a clinician** while the client experiences **faster symptom relief** and **accomplished goals in therapy**.

Packed with proven Motivational Interviewing techniques, visual tools, case studies and experiential exercises, you will be able to feel excited as you help the client become the initiator of their change (instead of you!)

### Speaker **Angela Wood, PhD**

is a licensed clinical social worker and board approved supervisor in Louisiana and faculty member at Southeastern Louisiana University with an appointment in the Department of Health and Human Sciences, Social Work Program. She has been contributing faculty with Walden University's MSW program since 2013. Dr. Wood began practicing MI in 2003 and became a member of the Motivational Interviewing Network of Trainers (MINT) in 2016. She earned an MSW from Southern Illinois University in 1992 and a Ph.D. in social work from Tulane University in 2006.

Dr. Wood has led over a hundred MI workshops and seminars since 2005. She is author of the self-help book *The Motivational Interviewing Workbook: Exercises to Decide What You Want and How to Get There*. Dr. Wood has worked with individuals, groups and families with a variety of health, mental health, addiction and other challenges across outpatient, inpatient, residential and corrections settings. Dr. Wood strives to be engaging and include practical examples to help participants incorporate MI skills and strategies into their current practice.



Connecting Knowledge With Need Since 1979

## Program Outline

### Motivational Interviewing Essentials

Core Skills and Principles  
How therapists unintentionally increase resistance  
Latest Research

### Assess Readiness for Change

Brief Review Stages of Change model (Prochaska & Diclemente's model)  
The role of *importance* and *confidence*  
Types of change talk found in specific stages of change  
Tips to avoid the "righting reflex" and resisting the urge to fix

### MI Fundamental Process to Cultivate Change

*Engaging* for a strong working alliance  
Pitfalls of engagement  
Overcoming disengagement

### Focusing for Shared Goal Setting

Sources of Focus  
Identifying "Change Targets"  
"Zooming in" for Goal Setting

### Evoking for Change Talk

Identifying Change Talk vs. Sustain Talk (aka, client excuses)  
Strengthening Change Talk  
Reflective responses to reduce client excuses

**Case example:** Carl, 67 year-old, with chronic health conditions (video vignette)

*Planning* for the "How" of Change  
How and when to plan  
Building the roadmap to change  
Goal development

### Importance Scales—Increase conviction to change for clients

Develop discrepancy  
Why discrepancy motivates clients  
When to develop discrepancy to improve outcomes  
Examples of what to say to develop discrepancy  
Discrepancy developing strategies:  
Exchanging information  
Provide feedback  
Ask about other people's concerns  
Supporting autonomy

**Case example:** Darryl, 16 year-old, youth involved in juvenile justice system

### Confidence Scales—Increase self-efficacy for clients

Build hope and confidence  
How hope and confidence drive change and motivation  
Clinical activities that cultivate hope and confidence  
9 strategies to build genuine client confidence  
How to reinforce progress and find inspiration to strengthen hope

**Case example:** Julie, 55 year-old, divorced female with anxiety and depression

### Special Topics

Reduce no shows & empower mandated clients  
How to work with pre-contemplation clients  
Limitations of the research and potential risks

## Objectives

1. Apply strategies to improve clinical outcomes with clients who are resistant to change.
2. Assess barriers to eliciting commitment to change.
3. Employ strategies to improve responses to sustain talk.
4. Implement techniques to help clients build importance for change.
5. Employ ways to strengthen hope and reinforce client efforts.
6. Apply methods to promote clients' confidence to change.

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CE Hours