

# MATRIX TRAINING

## A One-Day Training on

### MOTIVATIONAL

### INTERVIEWING (MI)



## Purpose and Objectives

Motivational Interviewing (MI) is a research-based intervention that has extensive scientific support and is highly recognized in both the treatment and research communities. Motivational Interviewing can be incorporated into an existing program to significantly enhance its effectiveness and is especially useful in working with Mental Health, Substance Abuse and Medical compliance issues.

### At the end of this workshop, you will be able to:

- Understand the nature of motivation as it influences behavioral change.
- Understand the role of the clinician and client when using motivational strategies for behavioral change.
- Understand the Stages of Change Model and be able to identify a minimum of 3 components of the model.
- Demonstrate ability to use the OARS skills.
- Demonstrate ability to “elicit change talk” in role-play scenarios- Approximately 40% - 50% of the workshop will include experiential exercises.

## Topics

- History and Explanation of Motivational Interviewing (MI).
- Principles of MIMI.
- Microskills - OARS (Open-Ended Questioning, Affirmations, Reflections, and Summary).
- Overview of the Process of Change.

*“Studies have now shown that a treatment program known as the Matrix Model can be used successfully for the treatment of Methamphetamine addiction.”*

Nora Volkow, M.D., Director, National Institute on Drug Abuse.

Testifying before the U.S. Senate Subcommittee on Labor, Education and Health and Human Services, April 21, 2005

### **OPEN ENROLLMENT TRAINING DATES 2009 - 2010 :**

**DECEMBER 11, 2009**

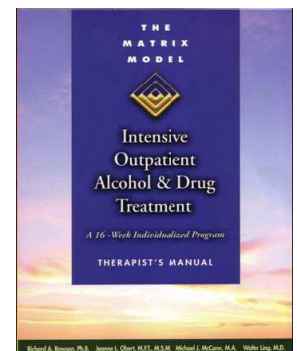
**JANUARY 11, 2010**

**FEBRUARY 22, 2010**

**MARCH 29, 2010**

### **TRAINING INFO:**

**Time:** 9:00 am – 4:00 pm  
**Cost:** \$250.00 (per person)  
Matrix Institute  
1849 Sawtelle Blvd.  
Suite #100



Registration form for:

**MATRIX INSTITUTE TRAININGS**  
**1850 Sawtelle Blvd. #470**  
**Los Angeles, CA 90025**  
**Attn: Marilyn Tolan**  
**OFFICE (310) 478-6006**  
**FAX: (310) 478-6117**

**Name:** \_\_\_\_\_ **Title** \_\_\_\_\_ **Company/Agency:** \_\_\_\_\_

*Address:* \_\_\_\_\_ *Phone:* \_\_\_\_\_

*City* \_\_\_\_\_ *State:* \_\_\_\_\_ *Zip:* \_\_\_\_\_ *Email:* \_\_\_\_\_

***Requested Training Dates:*** \_\_\_\_\_

***Method of Payment:*** (circle one) CHECK VISA MC

*Credit Card #:* \_\_\_\_\_ *Exp. Date* \_\_\_\_\_

*Card Holder Name:* \_\_\_\_\_ *Card Holder Signature:* \_\_\_\_\_

To reserve your training space please fax in Registration form. Limited training slots.  
Payment must be received prior to training date. Cancellations 15 days or less prior to training date will be charged full class fee.

**MATRIX OFFICES**

West L.A.	(310) 478-8305	1849 Sawtelle Blvd., Suite 100, CA 90025
San Fernando	(818) 226-6070	20350 Ventura Blvd., Suite 230, Woodland Hills, CA 91364
Inland Empire	(909) 989-9724	11777 Sebastian Way, Suites 102 A-B, Rancho Cucamonga, CA 91730
Los Angeles	(323) 933-9186	5220 W. Washington Blvd., Suite 101, Los Angeles

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