

Breakfast at SSCY Centre Presents

Introduction to

# *Motivational Interviewing*

*&  
Culturally Safe Communication  
Strategies*

**8am-9am**

**June 14th, 2022**

## **Topic:**

Motivational Interviewing(MI) is a goal-oriented style of communication with particular attention to the language of change.

- MI is guiding communication that sits between good listening and directing
- MI is designed to empower people to change in a respectful and curious way that honours client autonomy

## **Overview:**

This session will provide an overview of what MI is and isn't, including demonstrated role plays.

## **Learning Objectives:**

- Basic understanding of MI
- Culturally safe communication strategies
- A sparked interest in learning more about MI as well as practice & training resources
- Highlight the importance of language

## **Presented by:**



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