

## MAY IS MENTAL HEALTH MONTH! Motivational Interviewing: Level 2

**When: May 10<sup>th</sup> & 12<sup>th</sup>**

1:00 P.M. – 4:00 P.M.

### Where:

Live online via Zoom

The link will be sent to the email  
you use to register.

### Registration:

[www.bookeo.com/octraumainstitute](http://www.bookeo.com/octraumainstitute)

**Cost: \$50**

### Continuing Education

*This educational offering is acceptable for 6 continuing education contact hours for psychologists, social workers, mental health counselors, psychoanalysts, creative arts therapists, and marriage and family therapists. Full attendance at all sessions is required to receive credit; variable credit for partial attendance may not be awarded based on state board guidelines.*

*\*CASAC credits pending*



Motivational Interviewing (MI) is one of the most heavily researched interventions in the fields of addiction, behavioral health and medicine. This workshop is designed for persons who have completed an introductory training and have begun to utilize the model in their practice. This training will help participants to further develop MI skills and strategies beyond the basics in a supportive environment. Participants will hone their skills by participating in experiential exercises with other MI practitioners who will provide strength-based feedback.

### Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Utilize O.A.R.S. in their practice.
2. Incorporate the spirit of MI in therapeutic interactions.
3. Demonstrate proficiency in eliciting change talk.
4. Utilize tools of MI, including the decisional matrix and importance/confidence rulers.
5. Use values to explore a client's goals.
6. Manage resistance and help to resolve ambivalence.

### About the Trainer

Emily Everhart, MA, LMHC (she/her/hers) graduated from Southwestern College in Santa Fe in 2018 and works as a therapist, trainer and training coordinator at Serna Solutions. Emily is LGBTQIA affirming. She completed the New Earth Institute Trauma, Grief, and Renewal Certificate Program and is client-centered, existential, relational and depth oriented in her approach to treatment. Emily is trained in Seeking Safety, Motivational Interviewing, CRAFT, DBT, and EMDR. She is a member of the Motivational Interviewing Network of Trainers (M.I.N.T.) and is a Certified Grief Informed Professional (C.G.P.). She has worked in residential, IOP and outpatient facilities – primarily with adult clients with extensive trauma histories. Emily is particularly passionate about helping clients to cultivate successful relationships in their daily lives, a healthy relationship to grief, and holistic recovery from addictions (process and substance.) She has extensive experience working with clients that utilize medication-assisted therapies and is grounded in a harm reduction approach. In addition to working individually with clients, she also enjoys clinical and psychoeducation group work. She brings a patient sense of humor to her work with clients and sees therapy as a highly collaborative process.



Orange County  
NEW YORK