

Presenter

Gretchen Prohofsky, MOT, OTR/L is the Manager of Allied Health in Inpatient Mental Health at Regions Hospital in St. Paul, MN. She has worked at Regions Hospital for 19 years providing occupational therapy services on the inpatient mental health clients, and recently transitioned into management.

Gretchen graduated from the University of Minnesota in 1992 with a Bachelor of Science in Occupational Therapy and from the University of North Dakota in 2011 with a Master's Degree in Occupational Therapy.

Gretchen's interests include using motivational interviewing strategies with patients and staff, as well as utilizing sensory-based interventions within the mental health setting to decrease the use of seclusion and restraint. As a mother to an 11 year old son and 14 year old daughter, she especially appreciates applying motivational interviewing skills directly at home in order to enhance her relationship with her children.



Sponsored by:



**School of Medicine & Health Sciences
Department of Occupational Therapy**

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Grand Forks, ND 58202-7126
Telephone: (701) 777-2209
Fax: (701) 777-2212

Website: <http://www.med.und.edu/depts/ot/>

Ancillary Workshop Information:

A certificate for **3.5 contact hours** will be provided upon completion of the workshop.

Location:

University of North Dakota
Memorial Union
River Valley Room
2901 University Avenue
Grand Forks, ND 58202

Registration reservations will be processed on a first-come, first-serve basis. A cap on attendance is possible due to space availability.

For more information, please contact:

Dr. Jan Stube at jan.stube@med.und.edu
or

Dr. Anne Haskins at anne.haskins@med.und.edu

Motivational Interviewing: Bridging the Gap by Empowering our Clients



**University of North Dakota
- Memorial Union -**

February 3, 2012

**Motivational Interviewing:
Bridging the Gap by
Empowering Clients**

Synopsis:

During this half day workshop, the presenter will provide an overview of the spirit of motivational interviewing. This includes identifying the basic principles of MI, identifying the sources of intrinsic motivation within our clients, and practicing basic MI Skills to utilize with clients and in everyday life.

Goal: Participants will have a basic understanding of motivational interviewing.

Learning Objectives:

Attendees will be able to:

1. To understand the basic principles of motivational interviewing.
2. To enhance core listening skills and learn how to use them consistently with clients.
3. To understand how to empower our clients to progress toward positive change.
4. To build skills in using motivational interviewing techniques.

Workshop Schedule:

7:45-8:30

Registration

8:30-8:45 a.m.

Speaker Introduction

8:45-9:15 a.m.

Motivational Interviewing Overview

9:15-10:30 a.m.

Active listening

Understanding intrinsic motivation

10:30-10:45 a.m.

Break

10:45-12:00 p.m.

Barriers to effective listening

Change Talk

Handouts for clinical application

12:00-12:30 p.m.

Discussion/ Questions & Evaluation

A luncheon will follow the workshop for those who wish to attend.

REGISTRATION FORM:

Name: _____

Phone: _____

Position:

OTR COTA Student

Other: _____

Mailing Address: _____

Email: _____

I plan to attend the workshop:

\$50 OT/OTA Practitioner Fee

\$15 OT/OTA Student Fee

\$50 Other Professional

I plan to attend the luncheon:

_____ person(s) x \$12.00/meal = _\$_____

Total Payment Submitted: \$ _____

Check, as appropriate:

I have accommodations/accessibility needs.

Please specify: _____

Please return registration form and payment (checks please) to the address below by **January 20th, 2012**. No refunds or cancellations will be possible following **January 27, 2012**. Registration checks received after 1/27/12 are subject to a **\$25 late fee** and will be processed according to space availability.

Please make checks payable to:

**UND OT Department
Attn: Darlene Czapiewski
UND School of Medicine and Health Sciences
Hyslop 210
2751 2nd Ave. S. Stop 7126
Grand Forks, ND 58202-7126**