



**MOTIVATIONAL
INTERVIEWING
TRAINING**

Help prevent alcohol-exposed pregnancies through

Empowering Conversations

Support healthy pregnancies. Start the conversation. Be part of a village of support!

Motivational Interviewing (MI) is an evidence-based approach of talking with people about behaviour change.

MI is an effective, nonjudgemental way to talk with people about alcohol use before and during pregnancy. These conversations can help to prevent Fetal Alcohol Spectrum Disorder. Using MI has the following benefits:

- Helps people consider their own reasons for change
- Decreases a person's natural resistance to change
- Improves outcomes for people, since they decide what to change and how to make the change
- Decreases staff burnout – encourages clients to take ownership for their decisions, shifting the focus from staff solving problems to facilitating client-driven solutions

The Introductory MI Training is a hands-on, skill development workshop that will provide participants with a solid foundation of MI principles, and an opportunity to practice MI communication skills and strategies.

The Advanced MI Training will deepen and strengthen participants' MI skills.

To be added to our training mailing list or to arrange a training in your community, contact:
info@skprevention.ca or call 306-651-4300.

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our goal is **healthy** children

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Find upcoming trainings at www.skprevention.ca

The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.