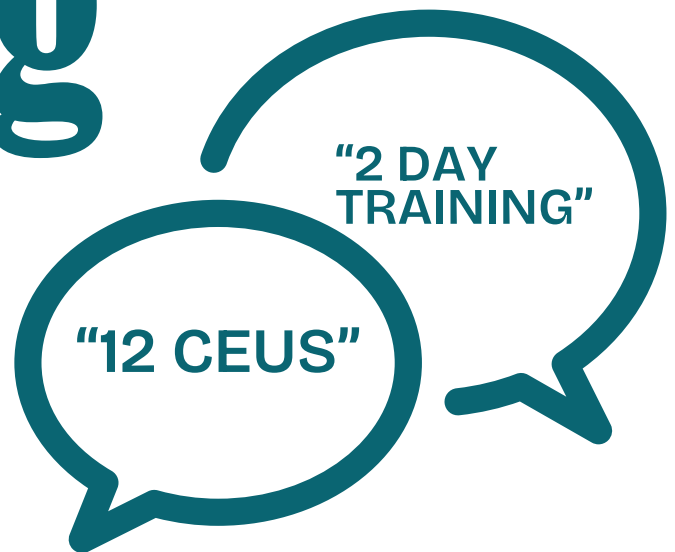


Motivational Interviewing Training

Level 1

PROVIDED BY SERNA SOLUTIONS
SPONSORED BY LC3



RSVP REQUIRED

1320 S. SOLANO DR., LAS CRUCES, NM
FAMILIES & YOUTH INNOVATIONS PLUS

THURS & FRI
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About the Training



MOTIVATIONAL INTERVIEWING LVL 1

MOTIVATIONAL INTERVIEWING IS ONE OF THE MOST HEAVILY RESEARCHED INTERVENTIONS IN THE FIELDS OF ADDICTION, BEHAVIORAL HEALTH, AND MEDICINE. STUDY AFTER STUDY HAS RELIABLY DEMONSTRATED THAT IMPLEMENTING THIS PRACTICE WITH PROFICIENCY AND CONSISTENCY WILL IMPROVE BEHAVIORAL HEALTHCARE OUTCOMES FOR CONSUMERS. MI IS AN APPROACH THAT ATTEMPTS TO MOVE AN INDIVIDUAL AWAY FROM A STATE OF INDECISION OR UNCERTAINTY AND TOWARDS FINDING MOTIVATION TO MAKE POSITIVE DECISIONS AND ACCOMPLISH ESTABLISHED GOALS. MI IS A DIRECTIONAL, CONSUMER-CENTERED STYLE OF INTERACTING WITH THE GOAL OF ELICITING BEHAVIOR CHANGE BY HELPING INDIVIDUALS EXPLORE AND RESOLVE AMBIVALENCE. RATHER THAN ACTING IN AN ANTAGONISTIC OR COMBATIVE WAY, THE HELPER ENGAGES WITH THE CONSUMER TO EXPLORE HIS/HER FEELINGS, INCLUDING AMBIVALENCE ABOUT CHANGING, AND HELP CLIENTS FIND THEIR OWN MOTIVATIONS. THIS WORKSHOP PROVIDES PARTICIPANTS WITH AN OVERVIEW OF THE RESEARCH AND THEORETICAL BASE FOR THE MODEL.

About the Trainer



BRIAN SERNA, LPCC, LADAC
FOUNDER/CEO OF SERNA SOLUTIONS
HE/HIM

BRIAN SERNA, LPCC, LADAC, IS THE CEO/FOUNDER OF SERNA SOLUTIONS AND IS A WELL-SOUGHT-AFTER TRAINER AND CONSULTANT IN BEHAVIORAL HEALTH ISSUES RELATED TO EVIDENCE-BASED PRACTICES, CULTURAL CONSIDERATIONS, AND ETHICAL ISSUES. HE HAS A BA IN PSYCHOLOGY FROM NEW MEXICO STATE UNIVERSITY AND AN MA IN COUNSELING FROM THE UNIVERSITY OF NEW MEXICO. MR. SERNA HAS TRAINED AND CONSULTED WITH PROGRAMS IN OVER TWENTY STATES, FIVE COUNTRIES, AND SIXTEEN TRIBAL COMMUNITIES. IN ADDITION TO HIS ROLE AS THE CEO OF SERNA SOLUTIONS, HE IS ALSO THE PAST PRESIDENT OF THE NEW MEXICO ASSOCIATION OF ADDICTION PROFESSIONALS (NMAAP), A MEMBER OF SENATOR BEN RAY LUJAN'S MENTAL HEALTH CONSORTIUM, AND HE HAS BEEN APPOINTED TO SERVE ON GOVERNOR MICHELLE LUJAN GRISHAM'S COUNCIL ON RACIAL JUSTICE IN THE HEALTH SUBCOMMITTEE.

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