

Motivational Interviewing: Advancing Your Clinical Skills

BIOGRAPHIES

This training will be offered by GLOVAL Consulting, led by Sonia Nasr, PhD. The MI Expert serving as the primary faculty member for the Partners Program is Carol Johnstone, MA.

SONIA NASR, PHD

Dr. Nasr founded her company in 2004, with a vision for providing strategy and clinical communications consulting in the area of chronic disease management and education. Sonia is passionate about the established value of Motivational Interviewing as an evidence-based intervention to improve clinical outcomes in hemophilia patients.

A seasoned entrepreneur, prior to Gloval, Dr. Nasr served at McKinsey & Co where she worked extensively in the areas of strategy and operations consulting. Prior to McKinsey, Dr. Nasr was an Assistant Professor of Biology at the American University of Beirut in Lebanon, her country of origin.

Dr. Nasr received her PhD in Molecular Biology from Purdue University. She has received numerous teaching, service, leadership, and research awards and was selected as one of the first group of 10 Outstanding Women in Science by the United Nations Educational, Scientific, and Cultural Organization, UNESCO.

CAROL JOHNSTONE, MA

Carol Johnstone is a member of the Motivational Interviewing Network of Trainers (MINT) and holds a Master of Arts in Interpersonal and Public Communication. She has been a professional trainer for 20+ years and has taught as an adjunct faculty member at Lewis University, Elmhurst College, Harold Washington College and Morton College in the greater Chicago area.

Carol has provided Motivational Interviewing training in the fields of health care, leadership, social services, and education. She is experienced in coding MI conversations and providing telephonic feedback and coaching using the Motivational Interviewing Treatment Integrity tool (MITI). She has provided MI training, consulting and coaching throughout North America.

Carol's sensitivity to different learning styles enables her to take proven concepts and adjust them to the needs of her audience in a variety of disease states and applications. She has an established track record in developing MI training programs and educational resources for practitioners in the hemophilia community since 2011.

Motivational Interviewing at a Glance

Motivational Interviewing (MI) is an approach used by health professionals to help clients change unhealthy behavior. Health professionals using MI are guided by core principles to help the client through a collaborative approach that includes engaging, focusing, evoking, and planning processes. The approach can be successfully adapted for use with adults, adolescents, or children in the treatment of mental and substance abuse disorders, in the prevention of chronic diseases, in medication management, and in other aspects of behavioral health.

What the Evidence Tells Us

Over the past 25 years, MI has been evaluated in comparative effectiveness research trials, systematic reviews, and outcome studies published in hundreds of peer-reviewed publications. MI is included in several evidence-based program registries and recognized as an effective model for the treatment of behavioral and addiction disorders. Research supports its effectiveness with results that are generalizable to different populations, communities, and settings.

Why Your Organization May Consider Implementing MI

- ▶ MI is a brief, cost-effective strategy that can be used with diverse client populations and in different settings.
- ▶ Health professionals from a variety of disciplines can implement MI; members of the Motivational Interviewing Network of Trainers (MINT) are available internationally to help agency decisionmakers navigate through the training and implementation process.
- ▶ MI enhances client outcomes either as a standalone intervention or in combination with other programs, eliminating issues of “fit” and facilitating implementation in real-world settings.

Your organization may benefit from MI's client-centered and flexible approach, which has been validated by research across a wide variety of populations and clinical settings in the community.

More Information on Implementing MI

- ▶ MINT Web site <http://www.motivationalinterviewing.org>
- ▶ The National Registry of Evidence-based Programs and Practices Web site <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=130>