



Special Speaker Series

March 19th, 2025

9:30AM – 11AM

"Motivational Interviewing"

presented by

Kelly Burda

Motivational Interviewing (MI) is a particular way of talking with people about change and growth to strengthen their own motivation and commitment to change.

Participants will learn to apply MI in an interactive/fun learning environment focusing on the foundation of the evidence-based practice, which is the spirit of MI, the core skills of MI using open-ended questions, affirmations, reflective listening, and summarizing (OARS), and the importance of deeply listening for and responding to change talk.



Kelly Burda For over 25 years, I have had an unwavering stance in helping others achieve independence and growth in their personal recovery goals. My behavioral health background includes clinical and administrative oversight in the state hospital system, along with supporting those living their life in the community. I focus my work on providing training and consultation for individuals, groups, and organizations that directly support individuals on their recovery journey. I provide training in Motivational Interviewing and all of the Evidence-Based Practices within the Assertive Community Treatment Model (ACT). I am also a *Member of Motivational Interviewing Network of Trainers (MINT)*.

We are very excited to welcome Kelly to the HCQU for this exciting webinar.

To register for this **free** event, go to <http://northwesthcqu.learnupon.com>.

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