



TWO-DAY PROFESSIONAL TRAINING

Motivational *Interviewing*

A communication approach for senior serving professionals

Live Tampa Bay is offering a two-day Motivational Interviewing (MI) trainings for members of Better for Living Seniors. This interactive training builds shared skills, language, and values for compassionate, person-centered communication that supports engagement and positive behavior change — with a focus on working with older adults and strengthening seniors’ own motivations for behaviors that support mental wellness and overall well-being.

FORMAT	DATES	TIME	LOCATION
2 Days <i>12 hours total</i>	June 24&25 <i>Day 1: Part I</i> <i>Day 2: Part II</i>	9am - 3pm <i>Lunch provided by</i> <i>generous BLS sponsors</i>	Pinellas County, FL

What is MI?

MI is an evidence-based communication approach that helps people explore their own reasons for change and build commitment in a collaborative, respectful way. Grounded in the “spirit” of MI — compassion, partnership, acceptance, empowerment, and respect for autonomy.

What You’ll Practice

- Reflective listening
- Open-ended questions
- Affirmations and summaries
- Applying MI with older adults



FACILITATED BY

Sara Schieffelin, LICSW

Ms. Schieffelin has a private therapy practice in Florence, Massachusetts, where she has practiced for the past 20 years. With a master’s degree in Social Work, she is an adjunct instructor and Practicum Faculty Advisor at the Smith College School for Social Work, supporting the next generation of social workers as they embark on their careers. Sara is a member of the Motivational Interviewing Network of Trainers (MINT) and a MINT Certified Motivational Interviewing Trainer.