



### **Megan Benoit Ratcliff, PhD, MPH** **Motivation Interviewing Trainer & Consultant**

#### ***Foundations of Motivational Interviewing: Building Blocks for Change***

**Registration: <https://sowega-ahec-MI4.eventbrite.com>**

- Discuss the foundations of MI including Spirit, Principles, and Process
- Explore the core skills of MI including Open-ended Questions, Affirmations, Reflections, and Summaries

#### ***Motivational Interviewing in Healthcare: An Evidence Based Approach for Providers***

**Registration: <https://sowega-ahec-MI5.eventbrite.com>**

- Discuss how MI shifts traditional “helping” interactions into more collaborative care
- Explain the relationship between MI and the Stages of Change
- Describe Brief Action Planning (BAP) and its application in patient self-management

#### ***Applied Motivational Interviewing: Pulling It All Together***

**Registration: <https://sowega-ahec-MI6.eventbrite.com>**

- Recall the importance of change talk in patient outcomes
- Identify how different clinical tools can be used to help a patient move towards change

### **Target Audience**

Primary Care Providers, Nurse Practitioners, Nurses, Allied Health Professionals, Public Health Providers, Healthcare Professional Students, and Community Health Related Organization Representatives

### **Educational Hours**

The Georgia Board of Nursing deems Southwest Georgia Area Health Education Center (SOWEGA-AHEC) as an approved provider for nursing continuing education (CE). Each CE activity awards 1.0 hour towards the continuing education competency requirement for Georgia nurse licensure renewal. No partial credit offered.

Activity # 2025-05a; 2025-06a; 2025-07a. Nursing CE expires 12.31.2029.

This course has received Georgia Office of EMS and Trauma approval for continuing education credit.  
Activity # GA-2025-PROV-08662; GA-2025-PROV-08663; GA-2025-PROV-08664. EMS CE Expires 01.01.2027.

Submission of evaluation/post-test (75% or better) required for CE certificates.

**No Commercial Support Provided / Speaker & Planners Disclosed No Conflicts of Interest for Educational Activity.**  
**For More Info: [info@sowega-ahec.org](mailto:info@sowega-ahec.org) or 229-439-7185**