



Returning to the Heart of the Work: Sustaining Your Motivational Interviewing Spirit and Values

Presenters: Sarah Cameron and Annabys Jordan

Recorded on: March 6, 2026

Length: 2 Hours

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- Introduction and overview
- Examining our own values and how they impact our work
- The Aspirational nature of the MI Spirit
- Spirit Fatigue
- Checking in with our "Spirit Tanks" / Tracking our progress
- Demo and Spirit assessment practice
- Ongoing practice tools
- Q&A and wrap-up

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