

Motivational Interviewing for WIC: Free Online Education Now Available for WIC Staff

We are excited to offer this program to you! Motivational Interviewing (MI) has been of great interest to many local agencies, although with concern of how to implement it in the WIC clinic setting. This training provides practical MI tips you can start using today in your WIC clinic. All Kansas WIC Staff are encouraged, but not required, to complete this online learning program. It's recommended that you and your colleagues view just one unit (podcast and materials) together each week, for 11 weeks. Or, you might want to do one per month. The passwords are good indefinitely for WIC staff so there is no time limit.

WIC Step by Step Program: Client-centered Skills for WIC Counselors

Presenter: Molly Kellogg, RD, LCSW

Description: Motivational interviewing forms the foundation of this practical program. The focus here is on the basic counseling skills that are essential for Value Enhanced Nutrition Assessment (VENA). The program can be used by a group of staff together or by individual counselors in their own time. It is most appropriate for nutrition counselors, though clerical staff will benefit as well. This program works best when supervisors follow along. Consider using these units to augment your training or as part of on-going in-service sessions. The Program includes: Eleven units, each with an audio podcast, notes and a practical article (pdf). Suggested topics are provided for group discussion.

Here is how to access the program:

1. Go to www.mollykellogg.com
2. Under the "programs" tab click on "WIC Step by Step Log on"
3. The password is: WIC cares

This program is offered on the "honor system." This means you are welcome to download the handouts and MP3 files to save for your use. Please do not share outside your WIC program.