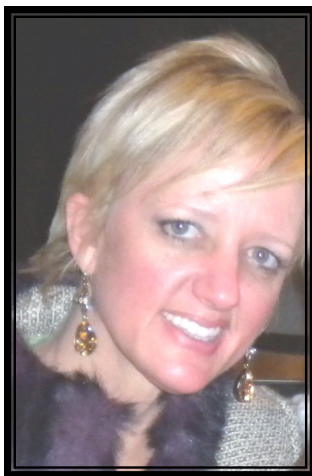


***Illuminating Relevant Clinical Issues  
& Networking with Colleagues***

**MOTIVATIONAL INTERVIEWING AND RECOVERY PROCESS FOR  
INDIVIDUALS, COUPLES, AND FAMILIES**

Motivational Interviewing attempts to increase the client's awareness of the potential problems caused, consequences experienced, and risks faced as a result of the behavior in question. Alternately, therapists help clients envisage a better future, and become increasingly motivated to achieve it. Either way, the strategy seeks to help clients think differently about their behavior and ultimately to consider what might be gained through change. In this presentation, Katheryn Whittaker will explore techniques of motivational interviewing with various kinds of clients, with a special focus on the populations you might work with in public mental health.

**Friday, March 4, 2011**  
**7:00-9:00 PM, 3rd Floor, Room 324/326**  
Networking Begins at 8:30 PM  
Pepperdine University - Irvine Graduate Campus  
18111 Von Karman Avenue, Suite 332, Irvine, CA. 92612



**Katheryn Whittaker, M.S., Ph.D. Candidate**, is a bilingual Licensed Marriage and Family Therapist (MFT) currently working in private practice in Costa Mesa, California. She specializes in Adults, couples, and students. She provides therapy as well as supervision to master's level students working towards the completion of their MFT degree. Katheryn serves on the elections committee for the American Association for Marital & Family Therapy, California Division. She is a clinical member of California Association of Marriage and Family Therapy. She is also a clinical member of The International Family Therapy Association. Katheryn is on the Loma Linda University trauma team. In addition to her professional associations, Katheryn serves as a bilingual Spanish speaking MFT for Adult Outpatient Mental health at the County of Orange, Santa Ana, and is an adjunct professor for Alliant International University in Los Angeles and Irvine, Ca. She is currently completing her PhD in Social Policy and Social Research at Loma Linda University. Her research interests include Immigration, Acculturation, and Latino Mental Health with an emphasis in service utilization.

**If you are unlicensed, you may be able to get hours towards licensure  
with your clinical supervisor's approval! This is a FREE event!**

**Please RSVP to Kathleen Wenger at [psyprofdev@pepperdine.edu](mailto:psyprofdev@pepperdine.edu).**

**This event is sponsored by the IGC Clinical Training & Professional Development office.**