# Motivational Interviewing "A Refresher" (Remote)

## Training Overview

Motivational Interviewing (MI) is a state-of-the-art, evidence-based communication and counseling approach for guiding clients to make and sustain positive behavior changes in brief clinical encounters. Generally recognized as a practical, common sense approach, becoming proficient in MI—however—is an ongoing learning process requiring significant training, practice, and feedback/supervision. This half-day "refresher" workshop is designed for individuals who have completed introductory and advanced training ("continuing the journey") in MI. The workshop will focus on a review of MI, participant practice with feedback, case consultation, and ideas for keeping MI learning alive. In addition, ample time will be devoted to questions and answers.

## Learning Objectives:

- List 4 key ingredients of the interpersonal style and spirit of Motivational Interviewing (MI)
- Name 3 MI strategies for rolling with client resistance
- Describe the 4 steps for offering clients information, advice, and/or feedback
- Identify one key issue for enhancing confidence & competence in applying the primary skills & strategies of MI into clinical practice

## Continue Education

This course meets the qualifications for four (4) hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences. Placer County Systems of Care CAMFT-approved Continuing Education Provider #041035. Provider approved by the California Board of Registered Nursing Provider # 10384 for four (4) hours of continuing education contact hours. SOC maintains responsibility for this course and its content.

## Instructor

For over 28 years, Steven Malcolm Berg-Smith has worked as a health educator, behavior change counselor, drug & alcohol prevention specialist, and researcher. He currently has a private practice in San Francisco as a trainer, consultant, mentor, and health counselor. A member of the International Motivational Interviewing Network of Trainers since 1994, Steven has conducted over 700 workshops throughout the US and internationally on strategies for motivating behavior change in brief clinical encounters, designed behavior change intervention protocols for several national clinical research trials, and in 2006 was selected to co-facilitate the Motivational Interviewing 'Training for Trainers' program in Miami, FL. He has authored several frequently cited articles on how to use motivation-enhancing tools and strategies to support adolescents and adults in making positive lifestyle changes. Steven holds a MS in Community Health Education from the University of Oregon, and a BA in psychology from the University of Redlands.

## Date and Time

Half day remote training
March 23, 2022
8:30am – 1:00pm

## Location

Remote training via Zoom video conference
Zoom link will be provided to registered participants prior to the training date.

## For more information and to enroll:

Self-registration is available at Placer Learns
https://placerlearns.csod.com

For accessibility requests (e.g. ADA access), special needs, questions, and/or to provide feedback, please contact Placer County designee, SOC Placer Learns Administrator at:
PlacerLearns-SOCadmin@placer.ca.gov

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