

# 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  
October 26, 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 in [Placer Learns](#)

- Placer County Employees register in Placer Learns on their [MyPlacer](#).
- External Users (non-county employees) register through the [Placer Learns External User Page](#).

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](mailto:PlacerLearns-SOCadmin@placer.ca.gov)





## Fee:

This training is **free and open to the public**. Registration is available in [Placer Learns](#).

- Placer County Employees register in Placer Learns on their [MyPlacer](#).
- External Users (non-county employees) register through the [Placer Learns External User Page](#).

If you do not have a Placer Learns account, click the “Need an account?” button on the [Placer Learns External User Page](#) to request an account.

## Cancellation Policy:

Due to this training being offered at no cost and most of our trainings often taking a waitlist, we ask that you withdraw from this training via your Placer Learns account if you are not going to attend. If you require any assistance in withdrawing, you may contact the Placer Learns Administrator for Systems of Care at: [PlacerLearns-SOAdmin@placer.ca.gov](mailto:PlacerLearns-SOAdmin@placer.ca.gov)

## Target Audience:

This half-day “refresher” workshop is designed for individuals who have completed the Basic Motivational Interviewing (MI) and Advanced MI trainings. 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.

## Schedule:

**This is a half-day remote training.** Registration will begin 15 minutes prior to start of the training time listed on the flyer. Two breaks will be offered at the trainer’s discretion, and the training will end promptly at 1:00 pm.

## Course Certificates and CEUs

Attendance for this remote training will be closely monitored by an administrator. Participants are required to attend and participate for the duration of the training for credit. Attendees who complete the training attendance requirements will be able to view and print their Completion/CEU Certificate from the Transcripts tab in Placer Learns within two weeks of the training date. Please note the number of course credits does not include the time allotted for registering, taking lunch, or other breaks. **Attendees not present and accounted for will not receive credit. Partial credit is not offered.**

## Feedback:

Training attendees will be able to provide feedback upon completion of the course through the training evaluation form. Additional feedback or grievances may be forwarded to the Workforce Education and Training Coordinator at (530) 889-7222.

