Motivational Interviewing: An Introduction (remote)

Training Description

Motivational Interviewing (MI) offers a practical, evidence-based approach for supporting clients in making and sustaining positive behavior changes. Originally developed in the drug and alcohol field, over 300 clinical trials demonstrate the efficacy of MI across a range of populations and target behaviors. In particular, MI has been shown to be especially effective in brief clinical encounters and for individuals not ready or unsure about change. This 8-hour virtual/remote MI Introductory workshop will provide participants an overview of the theory, principles, skills, and current advances of MI. Participants will be guided through a sequence of learning activities to explore and shape MI practice behavior, and to support the on-going process for developing proficiency in MI. Learning activities will include demonstrations, videotape examples, "real-plays," case studies, small group exercises, and significant participant practice with feedback.

Learning Objectives

Participants will be able to:

- List four key ingredients of the guiding philosophy of Motivational Interviewing (MI);
- Identify the five foundational communication skills of MI from demonstrations and video example;
- Name two core MI strategies for eliciting and exploring clients' own reasons for change in real-play practice exercises;
- Describe the four processes of MI for navigating clinical conversations in the direction of client change goals; and
- Identify one key issue for incorporating the primary skills and strategies of MI into counselling practice.

Continuing Education

This course meets the qualifications for eight (8) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences (CAMFT). Placer County Systems of Care is approved by CAMFT to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. CAMFT-approved Continuing Education Provider #041035. Placer SOC maintains responsibility for this course and its content.

About the 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.

Training Dates and Time

August 21-22, 2024
8:30am-1:00pm both days

Location: Remote Training via Zoom

Registration is available in Placer Learns

◊ Placer County Employees access Placer Learns through the Learning Zone on their MyPlacer.

◊ External Users (non-county employees) access Placer Learns through this External User Login

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

Fee:

This training is ***free and open to the public.*** Registration is available in Placer Learns.

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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 a Placer Learns Department Administrator at PlacerLearns-SOCadmin@placer.ca.gov.

Target Audience:

Motivational Interviewing: A 2-day Intensive is intended for a variety of different clinical professionals and non-clinical paraprofessionals, such as therapist, social workers, case managers, teachers, law enforcement, counselors, line staff and many more!

Advanced Motivational Interviewing: Continuing the Journey is intended for participants who have completed the introductory course and have experience using Motivational Interviewing in an applied setting.

Schedule:

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. 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 on both days 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:

Attendees are encouraged to provide feedback upon completion of the course. We will provide a Survey Monkey link for participants to provide training evaluation feedback and demographic information electronically. Additional feedback or grievances may be forwarded to the Workforce Education and Training Coordinator at (530) 889-7222.