Motivational Interviewing: A 2-day Intensive

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 intensive 2-day MI introductory/intermediate 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:

- Participants will be able to identify four key principles of Motivational Interviewing (MI);
- Participants will be able to describe four behavioral concepts demonstrated through video tape examples of MI;
- Participants will be able to demonstrate three primary skills to evoke motivation for positive behavior change in brief clinical encounters;
- Participants will be able to determine three practical MI approaches and strategies applicable to their clinical practice behavior; and
- Participants will be able to develop a personal plan for incorporating the primary skills and strategies of MI into clinical practice behavior.

Continuing Education

This course meets the qualifications for thirteen (13) 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. 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

May 15-16, 2024

8:30am-4:30pm both days

Location: *Auburn HHS Center—*
Jeff Brown meeting rooms #1 & #2
11434 B ave. Auburn 95603

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 as follows:

- ◊ 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 Log-in Page.
- ◊ External Users can request a Placer Learns account at the External User Log-in Page.

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 fro m this training via your Placer Learns account if you are not going to attend. If you require any assistance in withdrawing, please contact a Placer Learns System 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 the start of the training time listed on the flyer. Two breaks will be offered, one in the morning session and one in the afternoon at the trainer's discretion. Lunch will be one hour and on your own, tentatively from 12:00-1:00pm. The training will end promptly at 4:30 pm.

Course Certificates and CEUs:

Attendees are required to sign in upon their arrival and sign out at the completion of the training each day. Within two weeks of the training date, attendees will be able to view and print their completion/CEU certificate from the Transcripts tab in Placer Learns. Please note the number of course credits does not include the time allotted for registering, taking lunch, or other breaks. **Attendees who fail to sign out will not be given credit. Partial credit is not offered.**

Feedback:

Training attendees will be able to provide feedback upon completion of the course through an electronic training evaluation survey during the training and/or in a follow-up email. Additional feedback or grievances may be forwarded to the Workforce Education and Training Coordinator at (530) 889-7222.