

Advanced Motivational Interviewing



Instructor:
Sharone Abramowitz, MD

Instructor Information:

Dr. Abramowitz accomplished her Doctorate of Medicine at UC Davis School of Medicine and completed a fellowship in integrative/holistic health. She is a certified psychiatrist under the American Board of Psychiatry and Neurology and the American Board of Preventive Medicine in Addiction Medicine. Dr. Abramowitz is the chair for the Committee on Integration and Access to Systems of Care under the California Society of Addiction Medicine (CSAM) and a member of the American Society of Addiction Medicine (ASAM).

Course Description:

This training will build on the theory, principles, and skills of motivational interviewing and related motivation-enhancing behavior change approaches. Participants will be guided through a sequence of experiential activities to continue to explore and shape counseling practice behavior, and to build more advanced skills in motivational interviewing. Participants will use a strategic client centered approach to assist clients in finding motivation to change.

***Dates:* Wednesday, October 20th, 2021**

Thursday, October 21st, 2021

(Must attend both dates for credit**)**

***Time:* 8:30am - 4:00pm**

Location: Virtual training- link will be sent to registrants

RUHS-BH Staff - Please register for this course via COR at <http://corlearning.rc-hr.com>

All other interested partners, please visit www.rcdmh.org/wet

Free to all registered participants

Continuing Education Credits: This course meets the qualifications for **12** continuing education units/credits/hours. Please see the brochure for additional information.

Advanced Motivational Interviewing
Part I: October 20th, 2021 (8:30am – 4:00pm)
Part II: October 21st, 2021 (8:30am – 4:00pm)

****Must attend both dates for credit****

Course Description: This training will build on the theory, principles, and skills of motivational interviewing and related motivation-enhancing behavior change approaches. Participants will be guided through a sequence of experiential activities to continue to explore and shape counseling practice behavior, and to build more advanced skills in motivational interviewing. Participants will use a strategic client centered approach to assist clients in finding motivation to change. This advanced online workshop is designed for individuals who have completed introductory training in MI, and have experience using this method in an applied setting. Participants will be guided through a sequence of learning activities to move from basic competence to more advanced clinical skillfulness in their own areas of work.

Instructor Information: Dr. Abramowitz accomplished her Doctorate of Medicine at UC Davis School of Medicine and completed a fellowship in integrative/holistic health. She is a certified psychiatrist under the American Board of Psychiatry and Neurology and the American Board of Preventive Medicine in Addiction Medicine. Dr. Abramowitz is the chair for the Committee on Integration and Access to Systems of Care under the California Society of Addiction Medicine (CSAM) and a member of the American Society of Addiction Medicine (ASAM). Dr. Abramowitz has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2002 and has trained many in Motivational Interviewing in medical and behavioral health settings.

Audience: RUHS-BH Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, associate-level and support staff providing client care in the public behavioral health system.

Level of training: Intermediate - applicable to audience with working knowledge of topic

Seat #: 50

Location: Virtual training- link will be sent to registrants

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

Educational Goals:

1. Enact brief motivational interviewing interventions that empathically address the health behavior challenges of behavioral health clients.
2. Apply the appropriate brief motivational interviewing interventions based on the client's stage of change.
3. Understand how motivational interviewing can be linked to trauma theory, mindfulness, integral theory case models, health coaching, and SBIRT screening for substance use problems.

Learning Objectives:

1. Identify the four (4) core skills used in Motivational Interviewing (MI)
2. Evaluate the two (2) strategies in engaging and focusing
3. Apply the appropriate motivational interviewing intervention based on the client's stage of change.
4. Identify one (1) key strategy for enhancing confidence & competence when applying MI in clinical practice
5. Identify the five (5) foundational communication skills of MI from demonstrations and video examples
6. Name two (2) advanced MI strategies for eliciting and exploring clients' own reasons for change in role-play practice exercises
7. Describe the four (4) strategies of MI for navigating clinical conversations in the direction of client change goals
8. Understand how motivational interviewing can be linked to Screening, Brief Intervention & Referral to Treatment SBIRT screening for substance use problems
9. Demonstrate the non-violent communication principles in client centered service
10. Understand agenda setting and plan for skill practice
11. Distinguish techniques when responding to the three (3) sources of motivation
12. Identify three (3) adaptive responses when considering trauma and the nervous system window of tolerance

Course outline:

DAY 1

TIME	Topic/Content
8:30am - 10:00am	Introduction to training approach
	3-in-a row case, summarization practices
	Introduce how MI can be linked to Stages of Change, trauma and other models
	Review of MI's definitions & 4 processes
10:00am - 10:15am	Break (non CE time)
10:15am - 12:00pm	Ambivalence & Pros & Cons tool
	Self-management support & MI
	MI spirit, use of Stages of Change
12:00pm - 1:00pm	Lunch (non CE time)
12:00pm - 2:30pm	Clinical empathy & OARS intro and practices
	Change talk and strategic reflective listening practices
2:30pm - 2:45pm	Break (non CE time)
2:45pm - 4:00pm	Screening, Brief Intervention & Referral to Treatment SBIRT intro & practice

DAY 2

TIME	Topic/Content
8:30am -10:00am	Evoking change in pre-contemplation role-plays & tools
	Applying NVC principles to communication difficulties
10:00am - 10:15am	Break (non CE time)
10:15am - 12:00pm	Evoking change in contemplation role-plays & tools
12:00pm - 1:00pm	Lunch (non CE time)
12:00pm - 2:30pm	Agenda setting and planning for those prepared to change role-plays and tools
	Responding to discord, resistance, and relapse.
2:30pm - 2:45pm	Break (non CE time)
2:45pm – 4:00pm	Responding to discord, resistance, and relapse—consider trauma and nervous system window of tolerance
	Action planning for learners—next steps in learning MI

This course meets the qualifications for 12 continuing education units/credits/hours.

Continuing Education: Course meets the qualifications for **12** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for **12** Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-1221 for **12** CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Manuel Pondivida via email at MPondivida@ruhealth.org. Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<http://corlearning.rc-hr.com/>). The enrollment deadline is three (3) calendar days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit www.rcdmh.org/wet.

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) calendar days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Taide Arias at TArias@ruhealth.org or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).