

Intermediate Motivational Interviewing



Instructor: Kristin Dempsey, EdD,
LMFT, LPCC

Instructor Information:

Kristin Dempsey, EdD, LMFT, LPCC full-time faculty member at the Wright Institute and practicing psychotherapist in the Bay Area specializing in complex trauma, MI, addiction counseling, suicide prevention, and much more. In addition to clinical work, Dr. Dempsey trained community mental health providers in various evidenced-based and promising practices and provides ongoing coaching and consultation in behavioral health system redesign and implementation of evidence-based practices.

Course Description:

This training will briefly review the values, tasks, and skills of motivational interviewing. Participants will then learn how to use the Motivational Interviewing Treatment Integrity Tool (MITI) to assess and deepen their skills. Attendees will leave with strategies on how to use the MITI fidelity tool to give themselves and others feedback that can be used in coaching to move beyond the basic application of motivational interviewing.

Date: October 4, 2023 & October 5, 2023

Time: 9:00am-12:00pm

Location: Virtual training- link will be sent to registrants

RUHS-BH Staff - Please register for this course via COR at <https://corlearning.sumtotal.host>
All other interested partners, please visit www.rcdmh.org/wet

Free to all registered participants

**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 business days (14) prior to the course date.**

Continuing Education Credits: This course meets the qualifications for 6 continuing education units/credits/hours.

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October 04, 2023 & October 05, 2023

9:00am-12:00pm

Course Description: This training will briefly review the values, tasks, and skills of motivational interviewing. Participants will then learn how to use the Motivational Interviewing Treatment Integrity Tool (MITI) to assess and deepen their skills. Attendees will leave with strategies on how to use the MITI fidelity tool to give themselves and others feedback that can be used in coaching to move beyond the basic application of motivational interviewing.

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Audience: LMFT's, LCSW's, LPCC's, and LEP's; Registered Nurses; CCAPP-substance use counselors. Audience can also include associate and support staff, etc.

Level of training:

Intermediate - applicable to audience with working knowledge of topic

Seat #: 40

Location: Virtual training- link will be sent to registrants

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Educational Goals:

1. Participants will learn additional terminology and practice deeper clinical skills to deepen the MI experience
2. Participants will learn how to understand and use a treatment fidelity tool used to determine adherence to MI model.
3. Participants will learn how to use fidelity tool to give feedback to self or others on ways to improve clinical skills in motivational interviewing.

Learning Objectives:

1. Identify the four (4) components of the spirit of MI, the four (4) tasks of MI, and the five (5) micro-skills of MI
2. Apply the Motivational Interviewing Treatment integrity tool to assess clinician's ability to demonstrate four global MI skills and 19 behavioral skills.
3. Identify at least two (2) alternate interventions to self or others after practicing and assessing motivational interviewing skills.
4. Create a plan to practice motivational interviewing skills at least weekly for the next six months.

Course outline:

Time	Topic/Content
	<i>Overview of Motivational Interviewing</i> <ul style="list-style-type: none"> • <i>Review of the essential attitude, tasks and skills</i> <ul style="list-style-type: none"> ○ <i>Spirit of MI</i> ○ <i>The Four MI Tasks</i> <i>The Five Micro Skills</i>
	<i>Review of the Motivational Interviewing Treatment Integrity Tool</i> <ul style="list-style-type: none"> • <i>Video and coding practice</i>
	<i>Break (NON-CE)</i>
	<i>Role Play and Practice Using MITI Tool</i> <ul style="list-style-type: none"> • <i>Feedback on results of MITI assessment</i> <i>Plan for ongoing practice</i>
	Closing and evaluations

This course meets the qualifications for 6 continuing education units/credits/hours.

Continuing Education: Course meets the qualifications for (6) 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 (6) Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-1223 & 3-22-341-0424 for (6) 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 Sujei Larkin via email at glarkin@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 (<https://corlearning.sumtotal.host>) The enrollment

deadline is three (3) business 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) business 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 Workforce Education and Training at 951-955-7270 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).