



Sponsored by: Clinical Psychology Center (CPC)

CONVERSATIONS ABOUT CHANGE:

An Introduction to Motivational Interviewing Skills-Level 1

Motivational Interviewing (MI) is a brief, collaborative intervention that guides clients in a goal-oriented fashion to elicit and strengthen their motivation to change, while simultaneously respecting autonomy and self-determination. In practice, clinicians use MI in all areas of health and mental health care, as well as criminal justice and organizational settings (to facilitate efficiency among coworkers by fostering understanding and teamwork). MI practitioners respect readiness to change and individual needs as they attend to language about change. They sensitively and differentially apply research-based principles and practices to commonly used skills. By creating a safe environment, practitioners work comfortably with resistance and ambivalence, permitting clients to consider and initiate personal change.

DESCRIPTION

This session provides an introduction to the concepts and skills of motivational interviewing (MI). Participants will receive an overview of the conceptual building blocks of MI and practice the application of skills. The session will review the conceptual and technical components of MI including MI spirit, processes of MI, Change and Sustain Talk and foundational skills (OARS+ I). They will also learn strategies of MI, including defusing dissent and then practice integration of these skills and strategies. Finally, participants will spend time building methods for implementing and sustaining these methods within their unique work setting. Because learning is at its best when the learner is highly engaged, the instructor will use a dynamic blend of didactic, observation, discussion and exercises to communicate ideas and practice skills.

GOALS

Participants will recognize that the manner in which practitioners engage clients influences client motivation. Attendees will also learn how to better identify and respond to indications of client readiness, observe how small changes in practice can enhance results, how to utilize and refine MI skills, and how to respond more effectively in the context of their work.

LEARNING OBJECTIVES

- At the conclusion of the session, participants will:
- Recognize and describe the four core elements of MI spirit;
- Identify and respond effectively to readiness and ambivalence;
- Identify and exhibit the five core skills in MI (OARS+ I);
- Distinguish between and respond to Change Talk and Sustain Talk;
- Demonstrate beginning-level skills in eliciting Change Talk
- Apply strategies to enhance client readiness

SCHEDULE

2 Days, April 14 & 15, 9:00 am – 5:00 pm

13 CE credits/contact hours

Two days, 9:00 -5:00; 1 hour lunch and 15 minute breaks in the morning and afternoon. Each day, registration will begin and a continental breakfast will be served at 8:30 am. The conference will begin at 9:00 am sharp. Your timeliness is appreciated. Lunch, on your own, will be at 12:30 both days.

See Registration form on last page.

FEATURING

David B. Rosengren, Ph.D, President and CEO, Prevention Research Institute; MINT Member

A graduate of the University of Montana's clinical psychology program, David Rosengren, Ph.D., is a clinical psychologist with a broad background in treatment, research, training and administration. He is President and CEO of the Prevention Research Institute (PRI; a private, nonprofit based in Lexington, KY). Previously, he was a research scientist and consultant at the University of Washington's Alcohol and Drug Abuse Institute, as well as a MI consultant and trainer. He is former Editor of a newsletter for MI trainers and helped establish the Motivational Interviewing Network of Trainers (an international association representing 1000+ MI trainers spread across 35+ countries and six continents). In addition to *Building Motivational Interviewing Skills: A Practitioner Workbook*, Rosengren has also written journal articles and book chapters on addictions, MI and the change process. His treatment experience has targeted a variety of treatment settings and populations, including substance abuse, major mental health disorders and adolescents. His current research interests are focused on Implementation science and dissemination of evidence-based practices and programs.

QUESTIONS?

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406-243-2367

REGISTRAION FEE (Includes breakfast): \$225 until 3/3/17, \$250 thereafter

Limited number of slots available for students (\$100).

Call to confirm that reduce-fee slots are still available.

If you want CE credit, you must pay full fee.

Discounted hotel rates are available for conference attendees.

A \$15 service fee will be charged for all refunds. NO REFUNDS after 4/7/17. Early registration STRONGLY recommended.

To pay by check, please mail this form and your check, made payable to the clinical Psychology Center (CPC) to:

The University of Montana Clinical Psychology Center

1444 Mansfield Ave., Missoula, MT 59812

To pay by credit card, please do so by calling (406) 243-2367

Name:

Address:

City/Sate/Zip:

Daytime Phone:

*E-mail:

**Need for workshop confirmation*

13.0 CE credits for Psychologists, Social Workers, LCPCs Marriage and Family Therapists, and Addiction Counselors (Must attend both days for the entire day to receive e credit. No partial credit given)

Do you want CE Credits? Yes No

Professional group: