

# Effecting Change through the Use of Motivational Interviewing: Interactive Training for Skill Development

## Sponsored By:


Hawaii State Department of Health, Alcohol and Drug Abuse Division

UCLA Integrated Substance Abuse Programs

Pacific Southwest Addiction Technology Transfer Center



<b>Date and Time:</b>	<b>Friday, December 14, 2018, 9:00 a.m. – 4:30 p.m.</b> Sign-in will begin at 8:30 a.m. and the training will begin promptly at 9:00 a.m.
<b>Location and Parking Information:</b>	<b>ADAD Conference Room 111 A/B</b> <b>601 Kamokila Blvd</b> <b>Kapolei, HI 96707</b> *Street parking is available
<b>Who Should Attend:</b>	This six-hour training is <b>free</b> and is open to staff who are interested in providing Motivational Interviewing, including: <ul style="list-style-type: none"> <li>• Psychologists</li> <li>• LMFTs and LCSWs</li> <li>• Registered Nurses</li> <li>• Certified Substance Use Disorder Treatment Counselors</li> <li>• Other Behavioral Health Specialists/Clinicians</li> <li>• Clinical Supervisors/Clinical Trainers are encouraged to attend, as well</li> </ul>
<b>Training Description and Core Clinical Components:</b>	Motivational interviewing, a treatment approach developed by William Miller, has been well established as an effective way to promote behavior change in individuals. Following a brief review of the fundamental MI principles and micro-skills, this experiential Introduction to MI skill development training will focus on helping clients/patients to engage in change talk, and then make commitments to make behavioral changes based on goals that they have identified. Ample time will be devoted to real play and group practice sessions to enable training workshop participants to gain the skills necessary to elicit change talk from clients/patients with low levels of readiness for change, thereby increasing levels of motivation and moving them toward action to address their substance use issues.
<b>Learning Objectives:</b>	At the conclusion of the Introduction to MI Skill Development training session, participants should be able to: <ol style="list-style-type: none"> <li>1. Describe at least two components of the Spirit of Motivational Interviewing and why each is important to the effective application of Motivational Interviewing.</li> <li>2. Compare the effectiveness of Motivational Interviewing to traditional medical approaches to counseling clients/patients with substance use problems.</li> <li>3. Define at least three (3) key principles of Motivational Interviewing that can be utilized in conversations with clients and patients.</li> <li>4. Describe the importance of active listening before prematurely problem-solving solutions for the client/patient.</li> <li>5. Describe and demonstrate, through real plays and group discussions, the effective delivery of at least three MI micro-skills that be used to help clients/patients increase motivation for substance use related changes.</li> <li>6. Explain how to apply Motivational Interviewing techniques in typical circumstances encountered in behavioral health treatment settings.</li> </ol>

<p><b>Featured Trainers:</b></p>	<p>Lindsay Kaumeheiwa, Hawaii Department of Health, Alcohol and Drug Abuse Division  Mary Elizabeth Pacheco, Hina Mauka Teen Care  Jessica Torralva, Pact Hawaii</p>
<p><b>Continuing Education:</b></p>	<p>The training is approved by ADAD of Hawaii for 6.0 education content hours (CSAC, CCJP, CCS, CPS, CCDP-D, and CSAPA) and meets the qualifications for the provision of continuing education credits/ contact hours (CEs/CEHs) for the following disciplines:</p> <p> UCLA Integrated Substance Abuse Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA ISAP maintains responsibility for this program and its content.</p> <p>UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. Course meets the qualifications for six (6.0) hours of continuing education credit for LMFTs, LCSWs, LPCCS, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/ II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1119), CATCs (ACCBC/ CAADE, #CP 20 872 C 0819), and CAODCs (CADTP, #151). Provider approved by the California Board of Registered Nursing, Provider #15455, for 6.0 contact hours. UNR CASAT is an approved provider of continuing education credit <b>for NCACs I/II and MACs</b></p> <p>CE credit will be awarded at the conclusion of the training. Partial credit will not be available for those participants who arrive late or leave early.</p> <p><b>Instructions for Filing a Grievance Concerning UCLA ISAP’s Continuing Education Program:</b>  Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing (UCLA ISAP, 11075 Santa Monica Boulevard, Suite 200, Los Angeles, CA 90025) or by phone (310-267-5397).</p>

*Funding for this training was made possible in part by cooperative agreement 1H79 T1080211-02 from the Substance Abuse and Mental Health Services Administration.*

<http://www.psattc.org>

# Registration Form

## Effecting Change through the Use of Motivational Interviewing: Interactive Training for Skill Development (Oahu)

Friday, December 14, 2018  
ADAD Conference Room 111 A/B  
601 Kamokila Blvd  
Kapolei, HI 96707

\*\*Seating is limited to 25 people, and online registration is preferred. The deadline to register is December 7, 2018. To register online, please visit: <https://www.surveymonkey.com/r/27JSYDJ>. To register by e-mail, please send your completed registration form to Victoria Norith at [vnorith@mednet.ucla.edu](mailto:vnorith@mednet.ucla.edu). Registrations will be accepted on a first-come, first-served basis. You will be notified if space has been reserved for you upon receipt of your registration form. If completing this form by hand, please print clearly. Contact Melissa Goodman by phone 310-267-5399 or e-mail ([mlgoodman@mednet.ucla.edu](mailto:mlgoodman@mednet.ucla.edu)) if you have questions, special needs, or require additional information to register for this training.

<b>First and Last Name:</b>		
<b>Position/Title:</b>		
<b>Agency Name:</b>		
<b>Mailing Address:</b>		
<b>City:</b>	<b>State:</b>	<b>Zip Code:</b>
<b>Phone Number:</b>		<b>Fax Number:</b>
<b>E-mail Address:</b>		
<b>Type (s) of continuing education credit needed*:</b>		<b>License or Certification Number**:</b>

**Would you like to be added to the Pacific Southwest ATTC listserv to receive notices about upcoming trainings?**

(If this question is left unanswered, you will automatically be subscribed.)

Yes

No

\*Continuing education choices include: CSAC, CCJP, CCS, CPS, CCDP-D, CSAPA, RADT I/II, CADC-CAS, CADC I/II, CADC-CS, LAADC, CATC, CAODC, MAC, NCAC I/II, LMFT, LPCC, LEP, LCSW, Psychologist, and Registered Nurse. \*\*License number is required for participating licensed psychologists and registered nurses.



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Melissa Goodman [mlgoodman@mednet.ucla.edu](mailto:mlgoodman@mednet.ucla.edu) by December 7, 2018.

**Refund/Cancellation Policy:** Notice of cancellation must be made at least 72 hours in advance of the training by contacting Melissa Goodman by phone (310-267-5399) or email ([mlgoodman@mednet.ucla.edu](mailto:mlgoodman@mednet.ucla.edu)). We do allow for substitutions, but those must be requested at least two weeks prior to the event.