

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

Sponsored By:

California Department of Health Care Services
UCLA Integrated Substance Abuse Programs
Pacific Southwest Addiction Technology Transfer Center
Contra Costa Health Services



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| Date and Time: | Wednesday, June 3, 2020, 1:00pm-4:15pm PDT The training will begin promptly at 1:00pm . Please try to log in 10-15 minutes prior to the training to ensure your audio and visual connections are working properly. |
| Registration Information: | Pre- Register online at: https://ucla.zoom.us/meeting/register/tJloc-GgrzWuG9c7TbjfY-iUcKGVWk7s0CFG |
| Speaker: | Andrew Kurtz, LMFT, UCLA Integrated Substance Abuse Programs |
| Who Should Attend: | <ul style="list-style-type: none"> • Psychologists • Registered Nurses • LMFTs and LCSWs • Certified Substance Use Disorder Treatment Counselors • Other Primary Care and Behavioral Health Specialists/Clinicians |
| Training Description and Core Clinical Components: | 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 MI Skill Development training will focus on helping clients 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 role play practice to enable participants to gain skills necessary to elicit change talk from clients with low levels of readiness for change, thereby increasing levels of motivation and moving them toward action to address their substance use issues. |
| Learning Objectives: | <p>At the end of this live virtual training, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe at least two components of the Spirit of Motivational Interviewing and why each is important to the effective application of Motivational Interviewing. 2. Compare the effectiveness of Motivational Interviewing to traditional medical approaches to counseling clients/patients with substance use problems. 3. Define at least three (3) key principles of Motivational Interviewing that can be utilized in conversations with clients and patients. 4. Describe the importance of active listening before prematurely problem-solving solutions for the client/patient. 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. 6. Explain how to apply Motivational Interviewing techniques in typical circumstances encountered in behavioral health treatment settings. |

Continuing Education:



The training course meets the qualifications for the provision of three (3.0) continuing education credits/contact hours (CEs/CEHs). 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.

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 three (3.0) hours of continuing education credits 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-00-445-1121), CATCs (ACCBC/CAADE, #CP40 872 C 0822), and CAODCs (CADTP, #151). Provider approved by the California Board of Registered Nursing, Provider #15455, for three (3.0) contact hours.

Partial credit will not be available for those participants who arrive late or leave early.

Continuing education credit will be awarded within 6-8 weeks following completion of the web training.

Instructions for Filing a Grievance Concerning UCLA ISAP's Continuing Education Program:

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).

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The planners and faculty disclose no relevant financial relationships with commercial interests.

This program had no commercial support.

Pre-registration is required and enrollment is limited to 40 people for this training.

Registration 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 online zoom registration.

Please visit <http://uclaisap.org/sudta/index.html> for additional training opportunities.

******Please be sure you received a confirmation email before attending this training******

Please contact Shannon Berteia by e-mail (sbertea@mednet.ucla.edu) if you have questions, concerns, special needs, or require additional information before registering for this web training series.

Refund/Cancellation Policy: *Notice of cancellation must be made at least 72 hours in advance of the training by contacting contact Shannon Berteia by email at sbertea@mednet.ucla.edu.*



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Shannon Berteia at sberteah@mednet.ucla.edu at least 72 hours before the training.