

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

Sponsored By:

UCLA Integrated Substance Abuse Programs  
Pacific Southwest Addiction Technology Transfer Center (HHS Region 9)

<b>Dates and Times</b>	<ul style="list-style-type: none"><li>• <b>Option 1: Tuesday, June 23, 2020, 4:00 pm-7:15 pm PDT**</b></li><li>• <b>Option 2: Tuesday, June 30, 2020, 4:00 pm-7:15 pm PDT**</b></li></ul> <p><b>**Please note dates and start/end time equivalents for Hawaii and the Pacific Jurisdictions:</b></p> <ul style="list-style-type: none"><li>• American Samoa: Tues, June 23<sup>rd</sup>/Tues, June 30<sup>th</sup>: 12:00pm-3:15pm SST</li><li>• Hawaii: Tues, June 23<sup>rd</sup>/Tues, June 30<sup>th</sup>: 1:00pm-4:15pm HST</li><li>• Palau: Wed, June 24<sup>th</sup>/Wed, July 1<sup>st</sup>: 8:00am-11:15am PWT</li><li>• Guam: Wed, June 24<sup>th</sup>/Wed, July 1<sup>st</sup>: 9:00am-12:15pm ChST</li><li>• CNMI: Wed, June 24<sup>th</sup>/Wed, July 1<sup>st</sup>: 9:00am-12:15pm ChST</li><li>• FSM: Wed, June 24<sup>th</sup>/Wed, July 1<sup>st</sup>: 10:00am-1:15pm PONT</li><li>• RMI: Wed, June 24<sup>th</sup>/Wed, July 1<sup>st</sup>: 11:00am-2:15pm MHT</li></ul> <p>Please plan to login to Zoom 10-15 minutes prior to your selected training to ensure your audio and visual connections are working properly.</p>
<b>Registration Information</b>	<p><b>Pre-Registration is Required! Enrollment is limited to 40 people per session.</b></p> <p>Online registration for <b>June 23<sup>rd</sup></b> session available at: <a href="https://ucla.zoom.us/meeting/register/tJApd-2sqD0uHNGIYV2dVwkHixE7FMe94kp8">https://ucla.zoom.us/meeting/register/tJApd-2sqD0uHNGIYV2dVwkHixE7FMe94kp8</a></p> <p>Online registration for <b>June 30<sup>th</sup></b> session available at: <a href="https://ucla.zoom.us/meeting/register/tJUofumvrjwiGNIAIYhklv10OHgs-Yx2Mny7">https://ucla.zoom.us/meeting/register/tJUofumvrjwiGNIAIYhklv10OHgs-Yx2Mny7</a></p> <p><b>IMPORTANT NOTE:</b> Registration is available on a first come, first served basis. Priority access will be given to providers from Hawaii, American Samoa, FSM, CNMI, Guam, RMI, and Palau. You will receive a personalized link to access the virtual training via Zoom if space is available upon receipt of your completed online registration. Please do not share your link with others.</p>
<b>Speakers</b>	<p><b>June 23<sup>rd</sup>:</b> Grant Hovik, MA, UCLA Integrated Substance Abuse Programs <b>June 30<sup>th</sup>:</b> Andrew Kurtz, LMFT, UCLA Integrated Substance Abuse Programs</p>
<b>Who Should Attend</b>	<p>This three-hour live interactive training is free and is open to providers including:</p> <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></ul>



<p><b>Training Description</b></p>	<p>Motivational Interviewing (MI) is a conversation style to help people constructively talk about reducing health risks and changing behavior. MI is designed to enhance the patient’s own motivation to change using strategies that are empathic and non-confrontational. Motivational Interviewing, a treatment approach developed by William Miller, has been well established as an effective way to promote behavior change in individuals. MI’s guiding helping style draws out the patient’s own strengths and desires to help them make changes to improve their health. Participants will learn about the fundamental MI Spirit, Principles and micro-skills in an experiential skill-development training. Ample time will be devoted to real play and group practice sessions to enable training participants to gain the skills necessary to engage their clients/patients and work to enhance their motivation for change.</p>
<p><b>Educational Objectives</b></p>	<p>At the conclusion of the training session, participants should be able to:</p> <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>Continuing Education</b></p>	<p>The training course meets the qualifications for the provision of three (3.0) continuing education credits/contact hours (CEs/CEHs).</p> <div data-bbox="297 1144 467 1306" data-label="Image"> </div> <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 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 3 contact hours. 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. UNR CASAT is an approved provider of continuing education credit for NCACs I/II and MACs through the National Association of Alcoholism and Drug Abuse Counselors (NAADAC, #98165). The training is approved by the Hawaii State Department of Health’s Alcohol and Drug Abuse Division for 3.0 education content hours (CSAC, CCJP, CCS, CPS, CCDP-D, and CSAPA). This program is approved by the National Association of Social Workers -Hawaii Chapter NASWHI-CEP-005 for up to three (3.0) Social Work continuing education contact hour(s), zero (0) specifically in Ethics.</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>

**Registration will be accepted on a first come, first served basis. You will be notified by email confirmation if space has been reserved for you upon receipt of your completed online registration.**

**\*\*\*\*Please be sure you receive a confirmation email before attempting to attend this training\*\*\*\***



*If you need a disability-related reasonable accommodation/alternative format for this event, please contact Melissa Goodman by email [mlgoodman@mednet.ucla.edu](mailto:mlgoodman@mednet.ucla.edu) one week before the training.*

**Cancellation Policy:** Notice of cancellation must be made at least 72 hours in advance of the training by contacting Melissa Goodman by email ([mlgoodman@mednet.ucla.edu](mailto:mlgoodman@mednet.ucla.edu)).