



Behavioral Health Education & Training Academy presents

Introduction to Motivational Interviewing

TRAINING INFORMATION

Trainer: Ian Schere, Ph.D

Audience: Therapists, counselors, family & youth support partners, peer partners, case managers, and other direct service providers working with individuals receiving Behavioral Health Services.

Course Description: Motivational Interviewing (MI) is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. It is an evidence-based technique that is a collaborative, respectful, and guiding process of interaction with families and clients. This is a process that focuses on resiliency and strengths. In this two session, 11-hour training, participants will learn the foundations of Motivational Interviewing and practice MI techniques.

Please note the skills sessions are population specific. Service providers will be enrolled in the skills session that matches the population their programs serve.

Learning Objectives: Upon completion of this training, participants will be able to:

- Explain the principles and foundation of Motivational Interviewing
- Identify benefits of using MI with clients
- Apply MI principles and techniques in treatment
- Integrate MI techniques with current practice

TRAINING DATES & TIMES

Training Location: Academy for Professional Excellence
6505 Alvarado Rd, San Diego CA 92120

<u>Training Name:</u>	<u>Date:</u>	<u>Time:</u>
MI Overview	Tuesday, October 6, 2015	8:30am - 4:30pm
MI Skills - Youth & Adolescents	Tuesday, October 20, 2015	8:30am - 12:30pm
OR		
MI Skills - Adult	Tuesday, October 20, 2015	1:00pm - 5:00pm

* Vignettes and examples in MI Skills sessions will be specific to working with Youth & Adolescents or Adults.

REGISTRATION: If you already have an account, please e-mail BHETA@mail.sdsu.edu to register. If you do not already have an account in the LMS, please [click here](#) to create an account. This training is FREE of charge to BHS County employees and contractors.

CONTINUING EDUCATION: This course meets the qualifications for 11 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 3776. The Academy is approved by the California Board of Registered Nursing, Provider Number BRN CEP-15014; CCAPP-EI, Provider Number 1S-98-398-0816, and CAADE Provider Number CP10-906-C0317 for 11 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy maintains responsibility for this program and its content.

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San Diego, CA 92120
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Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University School of Social Work

