



Behavioral Health Education & Training Academy presents

# Introduction to Motivational Interviewing

## TRAINING INFORMATION

**Trainer:** [Ian Schere, Ph.D](#)

**Audience:** BHS peer support specialist, therapists, counselors, family & support partners, case managers, and other direct service providers.

**Course Description:** In this two session, 11-hour training, participants will learn the foundations of Motivational Interviewing (MI) and practice MI techniques. MI is a person-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 guides the process of interaction with people receiving services.

**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 people receiving BHS services
- Apply MI principles and techniques in treatment
- Integrate MI techniques into current practice

## TRAINING DATES & TIMES

**Training Location:** Academy for Professional Excellence — Upstairs Training Room #205  
6505 Alvarado Rd, San Diego CA 92120

**Training Name:**

**MI Overview**

**MI Skills**

**Date:**

Tuesday, February 7, 2017

Tuesday, February 21, 2017

**OR**

Tuesday, February 21, 2017

**Time:**

8:30am - 4:30pm

8:30am - 12:30pm

1:00pm - 5:00pm

**REGISTRATION:** If you already have an account, [click here](#) to register. If you do not already have an account in the LMS you will need to open an account. Please see [Creating an Account](#) on our website for more details. Email [BHETA@mail.sdsu.edu](mailto:BHETA@mail.sdsu.edu) if you have any questions or if you need special accommodations. 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 LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0818, and CAADE Provider # CP10-906-C0317 for 11 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 3-5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).



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

