



# Motivational Interviewing for Justice-Involved Populations

(Course Code: BH0229)

## OVERVIEW

This is a training program in the theoretical understanding and practical application of an evidence-based clinical method of motivational interviewing (MI) to empower individuals under criminal justice supervision, who often also experience serious challenges such as substance use disorders, mental health conditions, psychosocial dysfunctions, etc.- to make positive behavioral changes. The first step of the training will be a review of the principles of behavioral change, the spirit and fundamental skills of motivational interviewing, and practical exercises to help participants strengthen empathy skills, recognize and elicit change talk, and roll with resistance. Research evidence will be reviewed for the efficacy of MI and for the importance of building therapeutic relationships in individuals' outcomes. The second step in the training will be focused on integration of motivational interviewing skills with other strategies, such as cognitive-behavioral strategies – the two treatment modalities with strongest empirical support of effectiveness in empowering justice-involved persons and assisting them with psychosocial adjustments. Click here to see the [training outline](#).

**TRAINER**  
**Igor Koutsenok, MD, MS**

## LOCATION

Academy for Professional Excellence  
6367 Alvarado Court; Suite 103  
San Diego, CA 92120



## Learning Objectives

- Demonstrate the ability to respond to individuals with reflective listening statements
- Describe all the aspects of the spirit of MI and explain the differences between MI and other counseling strategies
- Identify, elicit, and reinforce change talk within an individual's speech.
- Understand the basic and intermediate skills in motivational interviewing and their application in the context of criminal-justice environments

## TRAINING

## DATE

## TIME

*Overview*

Tuesday, November 6, 2018

8:30 AM - 4:30 PM

*Skills Training A*

Tuesday, November 20, 2018

8:30 AM - 12:30 PM

OR

*Skills Training B*

Tuesday, November 20, 2018

1:00 PM - 5:00 PM

Participants will receive 11 CEs upon completion of ALL training activities. No partial CEs will be given. Please arrange accordingly with your supervisors before enrolling in the series.

**Registration** If you already have an account, you may search for the course by name or course code. [Click here](#) to log into the LMS . If you do not already have an account in the LMS you will need to open an account. Please [click here](#) to request an LMS account. Email [BHETA@sdsu.edu](mailto:BHETA@sdsu.edu) if you have any questions. 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 American Psychological Association to sponsor continuing education for psychologists and 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-98-398-0820, and CAADE Provider # CP10-906-CH0320 for 11 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 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 & 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.

