

# Introduction to Motivational Interviewing



Presented by [Rosemarie Campos Sachs, LMFT](#)

Course Code: BH0003

## Overview

Motivational Interviewing (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 guiding process of interaction with families and people receiving services. 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. Click here to see the [training outline](#).

## Audience

All BHS therapists, counselors, family & support partners, case managers, and other direct service providers working within the behavioral health system of care .

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## Learning Objectives

- Describe the principles and foundations of Motivational Interviewing
- Identify benefits of using MI with people receiving BHS services
- List the stages of change
- Apply MI at each stage of change
- Apply MI principles and techniques in treatment
- Integrate MI techniques into current practice
- Respond to sustain talk and discord

## Training

## Date

## Time

Overview	Tuesday, March 12, 2019	8:30 AM - 4:30 PM
Skills Training A	Tuesday, March 26, 2019	8:30 AM - 12:30 PM
	or	
Skills Training B	Tuesday, March 26, 2019	1:00 PM - 5:00 PM

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

[Click Here](#) to log into the LMS and Register

**Registration:** If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email [RIHS@sdsu.edu](mailto:RIHS@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 for Professional Excellence 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 for Professional Excellence 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 for Professional Excellence 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](#).



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