

# Introduction to Motivational Interviewing

## Virtual Training



Trainer: [Rosemarie Campos Sachs, MS, LMFT](#)

Course Code: BH0003

### Course Description

This course, offered in a virtual setting, provides an introductory overview of Motivational Interviewing (MI). Knowledge and skills of MI will be addressed continuously to offer an integrated experience for the participant. Course design is aimed to increase an overall conceptual understanding of MI. Participants will practice their ability to apply core skills which assist individuals with making positive changes within the integrated behavioral health setting. The course is formatted for an interactive virtual setting which allows for small and large group interactions. Participants will gain confidence to apply MI in their work, and ultimately be able to motivate individuals toward their goals more effectively. At the conclusion of the series, participants will be able to assess interest in becoming proficient in the MI method.

Click here to [view the outline](#).

### Audience

All SUD counselors, case managers, therapists, and other direct service providers working within the behavioral health system of care.



**Location** Live Virtual Training: This training will be conducted via

**Dates** Session 1:  
Tuesday, March 2, 2021\*

Session 2:  
Tuesday, March 9, 2021\*

\*Attendance of both sessions is required to complete this training

**Time** 9:30 am to 12:00 pm & 1:00 pm to 3:30 pm both days

### Learning Objectives

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

- Define Motivational Interviewing in a clinical setting.
- Identify motivation using the acronym DARN-CAT's.
- Discuss at least 2 Culturally Responsive skills in applying MI.
- Differentiate between Discord and Sustain Talk and practice techniques aimed to decrease both.
- Share information by using the skill of E-P-E.
- Utilize the 4 elements of the MI spirit to maintain a collaborative working relationship with individuals engaged in your treatment setting.
- Apply MI basic skills to build motivation to change.

[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 10 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-98-398-0822, and CP40 906 CH 0323 for 10 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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