

# Introduction to Motivational Interviewing 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.

**Prerequisite:** *Stages of Change eLearning* BHE0027

See Page 2 for Outline

## Audience

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



Location	<b>Live Virtual Training:</b> This training will be conducted via <a href="#">Zoom</a> .
Dates	<b>Day 1:</b> Wednesday, January 12, 2022* <b>Day 2:</b> Tuesday, January 25, 2022* *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:*

- Apply Motivational Interviewing in practice.
- Describe the four elements of the Motivational Interviewing spirit
- Use Open-Ended Questions, Affirmations, Reflections, and Summaries (OARS) to facilitate readiness for change.
- Apply the dialogue-driven approach of Elicit, Provide, Elicit (EPE) when sharing information or providing psychoeducation.
- Identify at least two culturally responsive skills aligned with Motivational Interviewing.
- Identify motivation for change by recognizing and reinforcing change talk.
- Differentiate between Discord and Sustain Talk.
- Explain the purpose of the four processes of Motivational Interviewing.

[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, LPPCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPPCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-38-98-0822, and CAADE Provider # CP40 906 CH 0323 for 10 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. 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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# Introduction to Motivational Interviewing Training

Rosemarie Campos Sachs, M.S., LMFT 45119, member of MINT, Inc.

**Educational Goal:** *To improve the application of Motivational Interviewing in the delivery of behavioral health services and to encourage lifelong learning of culturally responsive skills and knowledge that is required to be an effective MI provider.*

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

1. Apply Motivational Interviewing in practice.
2. Describe the four elements of the Motivational Interviewing spirit
3. Use Open-Ended Questions, Affirmations, Reflections, and Summaries (OARS) to facilitate readiness for change.
4. Apply the dialogue-driven approach of Elicit, Provide, Elicit (EPE) when sharing information or providing psychoeducation.
5. Identify at least two culturally responsive skills aligned with Motivational Interviewing.
6. Identify motivation for change by recognizing and reinforcing change talk.
7. Differentiate between Discord and Sustain Talk.
8. Explain the purpose of the four processes of Motivational Interviewing.

## Time

## Activity

### Day 1

9:15 am – 9:30 am	Enter Zoom waiting room; video and mic check*
9:30 am – 12:00 pm	Introductions, Objectives, Agenda, Two Styles, What is MI?, MI Spirit, Global coding
<b>12:00 pm – 1:00 pm</b>	<b>Lunch</b>
1:00 pm - 2:15 pm	Reflective Listening and coding Core Skills of OARS & E-P-E and practice
3:20 pm – 3:30 pm	Questions and Key Learnings

### Day 2

9:30 am – 12:00 pm	Agenda, Motivation and Change Talk, Culturally Responsive MI
<b>12:00 pm – 1:00pm</b>	<b>Lunch</b>
1:00pm - 2:15pm	Putting it All Together Practice, Challenging Situations: Discord and Sustain Talk
3:20pm – 3:30pm	Wrap Up & Key Learnings

\*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration of training.