



## Motivational Interviewing Skills Workshop

September 8-9, 2022

A Live, Interactive Webinar

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### **Description:**

This intensive 2-day workshop provides skills training in Motivational Interviewing (MI), which is a collaborative conversation style for strengthening a person's own motivation and commitment to change (Miller & Rollnick, 2013). The workshop will review the foundational constructs related to MI with an emphasis on the Spirit of MI. Participants will practice fundamental client centered counseling skills (OARS+I) across the four processes of an MI encounter (Engage, Focus, Evoke, Plan). The workshop will articulate when it is appropriate to use MI skills in a clinical encounter with a focus on health behavioral changes. Videotaped examples of MI sessions will be used to demonstrate therapist skills. Participant participation in real-plays to demonstrate MI skills and attendance at both days of the workshop are required for training completion. Participants will leave the workshop with a personalized plan to continue MI skills practice and reflective feedback.

Total CE Credits: 14

### **Learning Objectives:**

Following the training, attendees will be able to:

1. Demonstrate knowledge of the history and foundational constructs related to MI.
2. Analyze the importance of the Spirit of MI (Partnership, Acceptance, Compassion, Evocation) in MI encounters.
3. Develop an accurate theoretical definition of the MI style and articulate the role of MI in a clinical encounter.
4. Differentiate between MI-congruent and MI-incongruent communication styles (i.e., directing, following, guiding).
5. Analyze the empirical evidence and theoretical basis for the use of a motivational style conversation in facilitating behavioral changes.
6. Evaluate the use of MI to resolve ambivalence and improve implementation of desired patient changes.
7. Apply the four processes of MI encounters (Engage, Focus, Evoke, Plan) within a real play practice.
8. Use client centered counseling skills (OARS+I) across each of the four processes of an MI style encounter.
9. Demonstrate recognition of change talk (DARNCATs).



10. Differentiate between preparatory and mobilizing change talk within a clinical encounter example.
11. Integrate evocation of change talk (DARNCATs) within a real play encounter.
12. Apply softening of sustain talk and dealing with discord as it arises in an MI encounter.
13. Design an individualized plan for continued practice and feedback on MI skills.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Content Level:** Intermediate

**Agenda:**

**Motivational Interviewing (MI) 2-Day Workshop**

**Day One**

Check-in & Download Handouts	8:45am – 9:00am
Introduction & Workshop Overview	9:00am – 10:00am
Conversations about Change	10:00am – 11:00am
The Spirit of MI	11:00am – 12:00pm
MI Practice & Overview	12:00pm – 1:00pm
Lunch Break	1:00pm - 2:00pm
MI: Empirical Foundation & Evidence	2:00pm - 2:30pm
MI: The 4 Processes	2:30pm – 3:00pm
Client Centered Counseling Skills: OARS+I	3:00pm - 4:00pm
Process 1: Engage	4:00pm - 5:30pm



**Agenda Cont.:**

**Day Two**

Check-in	8:45am – 9:00am
Process 2: Focus	9:00am – 10:00am
Process 3: Evoke	10:00am - 1:00pm
Lunch Break	1:00pm – 2:00pm
Softening Sustain Talk	2:00pm - 3:00pm
Process 4: Plan	3:00pm - 4:00pm
Putting it All Together Practice	4:00pm - 5:00pm
MI in Your Practice	5:00pm - 5:30pm

\*\*\*One hour for lunch and two 15-minute breaks each day to be assigned as needed.

**Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged. If you do not wish to complete the evaluation but desire to receive psychology CEs please contact the POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be distributed via CE21 within 30 days after all course requirements have been completed.

**American Psychological Association Sponsor Approval:**

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

**Association of Social Work Boards Approved Continuing Education Provider Approval:**

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu).



## **Participate:**

**Online Platform:** Zoom

**Date:** 9/8/2022-9/9/2022

**Time:** 9/8/2022: 09:00 am – 5:30 pm Eastern and 9/9/2022: 09:00 am – 5:30 pm Eastern

**Registration Information:** Registration is done through event management system CE21, links will be provided to prospective attendees.

**Registration Deadline:** Registration for this training closes one week prior to the training date.

**Cancellations/Questions:** Please contact [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** Price \$45

Registration fees will be refunded to participants who send a written cancellation via email to [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) no less than 2 weeks before the training. No refunds will be made after the training.

**Instructional Format:** This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

### **System Requirements:**

#### **Zoom:**

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

**Special Accommodations:** If you require special accommodations due to a disability, please contact Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

**Grievances:** For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Milochik, via email at [Amanda.milochik.ctr@usuhs.edu](mailto:Amanda.milochik.ctr@usuhs.edu).



### **Instructor Biographies:**

**Abby Diehl, Ph.D.**, is a clinical health psychologist working as an Assistant Professor and Deputy Director of Military Psychology Studies in the Medical and Clinical Psychology Department at the Uniformed Services University in Bethesda, Maryland. Dr. Diehl oversees the development and implementation of the military specific psychology coursework for clinical psychology graduate students. She is a graduate of the Malcolm Grow (USAF) Medical Center Psychology Residency Program and the Wilford Hall Ambulatory Surgical Center (USAF) post-doctoral program in Clinical Health Psychology. She has served as active duty as a psychologist in the United States Air Force since 2013.

Dr. Diehl graduated from Southwestern University with a BS in psychology, from Texas State University with a MA in health psychology, and received her doctorate in counseling psychology from Texas Tech University. She specializes in military psychology, clinical health psychology, behavioral health integration into primary care, relationship health interventions, and motivational interviewing. Dr. Diehl is a member of the Motivational Interviewing Network of Trainers (MINT). She completed the first ever virtual training of new motivational interviewing trainers in Oct 2020.

\*\*There is no commercial support or conflict of interest to report for these presenters.