

# Effecting Change through the Use of Motivational Interviewing


## Sponsored By:

California Department of Health Care Services (DHCS), UCLA Integrated Substance Abuse Programs, and the Pacific Southwest Addiction Technology Transfer Center

## Hosted By:

Riverside County Department of Mental Health, Substance Use Programs



<b>Date and Time:</b>	<b>Monday, March 9, 2015, 9:00 a.m. – 4:30 p.m.</b> Sign-in will begin at 8:00 a.m. and the training will begin promptly at 9:00 a.m. A snack will be provided.
<b>Location and Parking Information:</b>	<b>3525 Presley Ave, Riverside, California 92507</b> <b>Phone (951) 782-2400</b> Street parking is available.
<b>Who Should Attend:</b>	This six-hour training is <b>free</b> and is open to staff who are interested in providing Motivational Interviewing, including: <ul style="list-style-type: none"> <li>• Psychologists</li> <li>• LMFTs and LCSWs</li> <li>• Registered Nurses</li> <li>• Certified Substance Use Disorder Treatment Counselors</li> <li>• Other Behavioral Health Specialists/Clinicians</li> </ul>
<b>Training Description and Core Clinical Components:</b>	Motivational interviewing, a treatment approach developed by William Miller, has been well established as an effective way to promote change in individuals. These evidence-and-consensus-based techniques have been shown to elicit change in behavior and attitudes by helping clients to explore and resolve ambivalence. This daylong training will provide participants with a fundamental understanding of Motivational Interviewing and specific techniques for promoting behavior change.
<b>Learning Objectives:</b>	At the conclusion of the Introduction to MI training, participants will be able to: <ol style="list-style-type: none"> <li>1. Define at least three (3) key principles of Motivational Interviewing that can be utilized with clients enrolled in a community-based behavioral health treatment program.</li> <li>2. Compare the effectiveness of Motivational Interviewing to traditional medical approaches to counseling clients with substance use problems.</li> <li>3. Describe at least three micro-skills employed during Motivational Interviewing that help clients increase motivation for changes related to their substance use problems.</li> <li>4. Explain how to apply Motivational Interviewing techniques in typical circumstances encountered in behavioral health treatment.</li> </ol>
<b>Continuing Education:</b>	This training meets the qualifications for the provision of 6.0 continuing education credits/contact hours (CEs/CEHs).  UCLA Integrated Substance Abuse Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA ISAP maintains responsibility for this program and its content. UCLA ISAP is also an approved provider of continuing education for LMFTs, LPCCs, LEPs, & LCSWs (CA BBS, #PCE 2001), CADCs (CCBAD/CAADAC, #2N-00-445-1115), CATCs (ACCBC/CAADE, #CP 20 903 C 0816), CASs (BCAS/CAARR, #5033), and RASs (Breining Institute, #CEP0604111449-ULA-HE). Provider approved by the California Board of Registered Nursing, Provider #15455, for 6.0 contact hours.

## Motivational Interviewing Training – March 9, 2015

### Registration Form

3525 Presley Ave, Riverside, CA 92507

\*\*Seating Is Limited to 82 participants. Please RSVP to Jessica Sinks by **Monday, March 2<sup>nd</sup>**. Online registration is preferred, and additional details are available at: <https://www.surveymonkey.com/s/MIriverside>. To register by e-mail, please complete the bottom portion of this page and send it to [jhsinks@ucla.edu](mailto:jhsinks@ucla.edu). To register by fax, complete the bottom portion of this page and fax it to Jessica's attention at (310) 312-0538. Registrations will be accepted on a first-come, first-served basis. You will be notified if space has been reserved for you upon receipt of your registration form. If completing this form by hand, please print clearly. Contact Jessica by phone (310) 267-5399 or e-mail if you have questions, special needs, or need additional information to register for this training.

<b>First and Last Name:</b>		
<b>Agency Name:</b>		
<b>Mailing Address:</b>		
<b>City:</b>	<b>State:</b>	<b>Zip Code:</b>
<b>Phone Number:</b>	<b>Fax Number:</b>	
<b>E-mail Address:</b>		
<b>Type (s) of continuing education credit needed*:</b>	<b>License or Certification Number**:</b>	

\*Continuing education choices include: **CADC** (CCBADC/CAADAC); **CAS** (BCAS/CAARR); **CATC** (ACCBC/CAADE); **RAS** (Breining Institute); **LMFT/LPCC/LEP/LCSW** (CA BBS); **Psychologist** (APA); and **Registered Nurse** (CA BRN).

\*\*License number is required for participating licensed psychologists and registered nurses.



*If you need a disability-related reasonable accommodation/alternative format for this event, please contact Charlotte Bullen at 310-267-5408, [charlottebullen@ucla.edu](mailto:charlottebullen@ucla.edu) by March 2<sup>nd</sup>.*