# Motivational Interviewing Training Program FREE

### **PROGRAM OVERVIEW**

Mid-America ATTC, in partnership with the Missouri Department of Mental Health, Division of Behavioral Health is providing <u>FREE</u> training to Clinical Supervisors, Community Support Staff and Peer Specialists. The training focuses on the evidence-based practice of **Motivational Interviewing** (MI).

#### This program contains two parts:

Part 1: a five-week, instructor-led online course to provide an introduction to MI

Part 2: a two-day, face-to-face practice and skills-based course

#### **Enrollment process consists of the following steps:**

- 1. Submit a signed organizational & participant agreement
- Complete registration. Upon submission of organizational & participant agreement you will receive an email containing a registration link.
- 3. Complete both trainings (online & face-to-face)

### **EXPENSES COVERED!**

Participants residing more than 25 miles from the training location will receive travel reimbursement to include: 2-3 night hotel accommodations, meals for up to 3 days and mileage reimbursement at \$.545/mile. Local participants will be reimbursed for lunch.

### What is included in this program packet?

- Program overview
- Part 1: Instructor-led online course description
- Part 2: Two-day, face-to-face training description
- Organizational and participant agreement form





# **PROGRAM COMPONENTS**

### PART 1:

### Instructor-led online course

*Tour of MI: An Interprofessional Road Map for Behavior Change* Instructor: Denna Vandersloot, MEd Dates: August 3 to September 6, 2015 (5 contact hours)

### PART 2:

### Two-day, face-to-face training

*MI Intermediate* Instructor: Kate Speck, PhD, LADC Dates: September 10-11, 2015 (*12 contact hours*)

# Enrollment deadline July 28, 2015

For more information or questions contact: Susan Garrett, MPH <u>garrettsv@umkc.edu</u> 816-235-1606



The National Institute on Drug Abuse (NIDA) and the Substance Abuse and Mental Health Services Administration's (SAMHSA) Addiction Technology Transfer Centers (ATTCs) disseminate treatment and training products based on results from studies conducted by the National Drug Abuse Clinical Trials Network (CTN) as well as other NIDA-supported research.



Mid-America (HHS Region 7)

Addiction Technology Transfer Center Network Funded by Substance Abuse and Mental Health Services Administration



### Overview of MI What is MI? Who uses MI? How Does MI Work? Click on each picture to learn more about MI.

#### Instructor: Denna Vandersloot, MEd

Dates: August 3 to September 6, 2015

**Continuing Education** (available at \$5 per hour NASW, NAADAC, CNE, CHES) 5 contact hours Free Certificate of Attendance

# Tour of Motivational Interviewing

An Interprofessional Road Map for Behavior Change

### PART 1: Instructor-Led Online Course

**Motivational Interviewing** (MI) is a form of collaborative conversation for strengthening a person's own motivation and commitment to change. It can be used by a multitude of health professionals, including nurse practitioners, counselors, and social workers. It is a person-centered counseling style for addressing the common problem of ambivalence about change by paying particular attention to the language of change.

The *Tour of Motivational Interviewing* course (Part 1) takes the learner on a journey of the essential skills used to strengthen an individual's motivation for behavior change. Descriptions, demonstrations, and learning activities provide an introduction to MI. This course does not prepare the learner to deliver this evidence-based practice with fidelity. Learning MI is a developmental process requiring a longer-term investment of time and effort, repeated opportunities to practice learned skills, and opportunities to receive feedback on performance from experienced MI practitioners.

Registering for online course Part 1

- 1. After completion of enrollment into the MI Training Program you will receive a separate link to register in the instructor-led online course (Part 1).
- 2. Along with the web link, you will receive a form titled "**Course Syllabus**", with detailed instructions for registration, accessing the course, technical requirements, and overall information about the course.
- 3. Follow the instructions and complete registration in the instructor-led online course.

#### Questions? Susan Garrett, MPH

garrettsv@umkc.edu, 816-235-1606

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# Intermediate Motivational Interviewing



Instructor: Kate Speck, PhD, LADC

Dates: September 10-11, 2015

> Location: Columbia, MO

Continuing Education Missouri Credentialing Board 12 contact hours Free Certificate of Attendance

### **EXPENSES COVERED!**

Participants residing more than 25 miles from the training location will receive travel reimbursement to include:

- 2-3 night hotel accommodations
- meals for up to 3 days
- mileage reimbursement at \$.545/mile

Local participants will be reimbursed for lunch.

### PART 2: Two-day, face-to-face

Motivational Interviewing has become a useful concept for understanding the change process in many health behaviors. Knowledge of the individual's readiness for change and the application of strategies to address ambivalence about change can strengthen engagement with clients and develop a collaborative partnership to address movement toward healthy behaviors.

The *Intermediate Motivational Interviewing* course is a two-day, highly participative workshop designed to assist individuals who have completed the introductory level training in MI. Participants will develop their skillfulness and knowledge in the use of Motivational Interviewing with those exploring lifestyle behavior change.

# **Training Goals**

- Explore a personal theory of change
- Demonstrate usefulness of exploring ambivalence
- Develop MI Micro Skills
- Clarify use of simple & reflective listening
- Distinguish between sustain talk & change talk

- Develop eliciting skills using Decisional Balance Worksheet
- Demonstrate skills to focus on target behavior
- Organize interventions based on readiness to change
- Determine the need to link values to behavior change



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Mid-America (HHS Region 7)



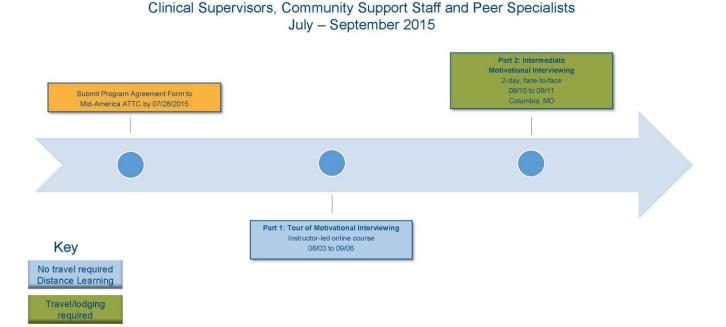
#### Motivational Interviewing Training Program Organizational and Participant Agreement

Thank you for your interest in this Motivational Interviewing Program provided by Mid-America ATTC. As you have seen from the materials, this is a 2-part program that involves one 5-week instructor-led online course and one 2-day face-to-face training.

Please complete the attached Agreement form to indicate

- 1. the participant's interest and willingness to complete both parts of the program; and
- 2. the organization's support for their staff to participate in both Part 1 and Part 2 of the program.







#### **Motivational Interviewing Training Program Agreement Form**

To participate in the MI Training Program, participants must:	
Complete the MI Training Program Agreement Form	
Obtain Executive Director/CEO support as indicated by signature below.	
Submit signed copy of Agreement Form.	
Complete both components of training program (online and face-to-face).	
Participant (print or type name)	
Direct Phone	
E-mail	
Signature	
<b>Executive Dir/CEO</b> (print or type name)	
Signature	

#### Please submit a signed copy of this Training Program Agreement Form (either by fax or scanned e-mail) by **July 28, 2015** to: Mid-America ATTC (<u>garrettsv@umkc.edu</u>)

Fax 816.235.6512

#### Agreement Receipt & Registration Process:

Upon receipt of the Training Program Agreement Form, Mid-America ATTC will provide the participant with a link for registration to the program.

For more information or questions regarding the training program or this agreement, please contact: Susan Garrett, MPH <u>garrettsv@umkc.edu</u> 816-235-1606