



REFRESHER OF BASIC MOTIVATIONAL INTERVIEWING SKILLS

September 20, 2017

The Education Center at Eastern AHEC
2600 W. Arlington Blvd.
Greenville, NC

About the Workshop

Motivational Interviewing (MI) is an evidence-based clinical approach that helps people with mental health, substance use disorders, and chronic medical conditions make positive behavior change. The approach explores four principles - expressing empathy and avoid arguing, develop discrepancy, responding to resistance, and support self-efficacy. This training is designed for participants who have completed a 13-hour introductory course and would like to refresh their basic skills before taking an advanced course. Topics will include: the spirit of MI, the components of MI, MI skills (OARS), the flow of change talk (DARN, CAT), and coding. This is an experiential training in which participants will practice their skills using "real" plays. The faculty presenting this training is a member of the Motivational Interviewing Network of Trainers (MINT).

Objectives

Upon completion of this workshop, participants should increase their ability to effectively care for clients and be able to:

- **Explain** the basic skills and components of Motivational Interviewing
- **Describe** the benefits of using Motivational Interviewing with different populations and in different settings
- **Examine** one's personal practice of Motivational Interviewing and how to apply their skills
- **Demonstrate** practical use of Motivational Interviewing skills
- **Discuss** the benefits of using Motivational Interviewing in their own practice;

as well as implement these skills in their daily practice.

Target Audience

This workshop should be attended by intermediate level clinicians including psychologists, social workers, marriage and family therapists, substance abuse counselors, licensed professional counselors, medical providers, and interested others who are working with clients to change behaviors.

About the Faculty

Ellen Pallme, MSW, LCSW, LCAS, CCS, is a practicing licensed clinical social worker and addictions specialist. Since 1995, she has worked extensively with children and families of multicultural backgrounds, as a tutor, homeschooling consultant, and personal mentor. For many years, Ellen volunteered in her faith community to counsel and guide trauma survivors. In 2005, she began working as a crisis responder for sexual assault victims and trainer for new recruits. For five years she was an intensive in-home team supervisor. Ellen is currently engaged as a supervisor for those seeking the LCAS credential and providing trainings about substance abuse and co-occurring disorders. Ellen has been a field instructor, task supervisor, and supervisor for MSW students at UNC SSW who are participating in the Substance Use Disorder Certificate Program.

This presenter is supported through the partnership between the University of North Carolina at Chapel Hill, School of Social Work and the NC AHEC Program.

Agenda

- 8:30 a.m. REGISTRATION
- 9:00 a.m. • Icebreaker and Overview of the Day
• MI Elements and Spirits
- 10:30 a.m. BREAK
- 10:45 a.m. OARS, Non-Verbal Listening, Communication, Real Plays
- 12:15 p.m. LUNCH (on your own)
- 1:15 p.m. • Four MI Processes
• Recognizing Change Talk
• Activity Using All the Skills with Coding
- 2:30 p.m. BREAK
- 2:45 p.m. • Decisional Balance and Change Plan
• Questions
- 3:30 p.m. ADJOURNMENT

Handouts & Evaluations

You will receive handouts for this workshop in your confirmation email. Please be sure we have your correct email so that you will receive the handouts. Please be sure to print your handouts prior to the event and bring them to the workshop, as there will be none available at the event. The program evaluation will be sent within 5 business days following the program to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

Program Location

This program is being held at the new Eastern Area Health Education Center located at 2600 W. Arlington Blvd., Greenville, NC.

http://eahec.ecu.edu/ns/map_directions.cfm

Americans with Disabilities Act



Individuals requesting accommodations under the Americans with Disabilities Act (ADA), should contact the ECU Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

PLEASE BRING A SWEATER OR JACKET TO ENSURE YOUR COMFORT.

Credit

Category A-NC Psychology Credit

This program will provide 5.0 contact hours of (Category A) continuing education for North Carolina psychologists. **No partial credit will be given.**

Contact Hours

Certificates reflecting 5.0 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Substance Abuse Counselor Certification (SAC)

Application has been made to the North Carolina Substance Abuse Professional Practice Board for 5.0 hours of Substance Abuse General Skill Building hours.

Registration Information

Register at www.easternahec.net.

Received **by** September 13. \$80.00

Received **after** September 13. \$105.00

The registration fee includes program materials, refreshments, and credit.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preferences can be met.

Eastern AHEC Cancellation Policy

- To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity.
- No refunds will be given for cancellations less than one week prior to activity.
- For continuing professional development activities canceled more than one week prior to continuing professional development activity,
 - A \$35.00 cancellation fee will be deducted from the refund, OR
 - The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year, OR
- Substitutions are welcome; advanced notification encouraged.

If you would like more information on the program, please call Mental Health Education at **(252) 744-5220**.