

Fundamentals of Motivational Interviewing

It is estimated that roughly 80% of clients who enter treatment are ambivalent about changing their behavior. Motivational interviewing (MI) is an intentional, client centered approach for facilitating increases in motivation for behavior change by assisting clients in exploring and resolving ambivalence. MI, as a counseling style, has been shown to be effective with a wide variety of problem behaviors such as substance abuse, adopting healthy behaviors (eating, exercise), treatment adherence and compliance, and other psychological problems. Thus, mental health workers from various backgrounds practicing in a variety of settings are beginning to integrate MI into their clinical repertoire.

This introduction to MI will acquaint the audience with basic concepts and methods of MI. As such participants will be exposed to the foundational concepts including the "spirit," principles and processes of MI that can be integrated with one's approach to counseling and psychotherapy. Building on this foundation the foundational philosophy and active principles will be discussed with emphasis on MI's unique focus on increasing change talk and reducing talk maintaining the status quo. The webinar will conclude with a brief overview of the evidence base for MI.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses

Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Describe the Motivational Interviewing perspective about ambivalence and readiness to change problem behaviors.
2. Describe the foundational spirit, basic principles and processes of Motivational Interviewing.
3. Identify MI consistent and inconsistent communication methods aimed at enhancing client motivation to change.
4. Identify different types of change talk and sustain and MI consistent responses.
5. Explain the current research supporting the efficacy of Motivational Interviewing with various behavioral problems.

Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin at 10 AM Eastern

Definition of MI

MI Philosophy

Compassion

Acceptance

Collaboration

Evocation

11:15 Break

11:30 MI Processes

Engaging

Focusing

Evoking

Planning

12:15 Change and Sustain Talk and Evidence Base

End 1:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements. PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider Number 1242), 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. tzkseminars maintains responsibility for this course. ACE provider approval period: (3/28/19 to 3/28/2022). Social workers completing this course receive 3 continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs. tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024. tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The Presenter

Michael Madson earned his PhD in counseling psychology from Marquette University in 2005. He is a Professor in the Psychology Department at the University of Southern Mississippi and a Licensed Psychologist in Mississippi. Dr. Madson directed the Brief Alcohol Screening and Intervention for College Students at USM and teaches graduate classes in counseling and psychotherapy and substance abuse treatment. As a member of the Motivational Interviewing Network of Trainers and co-author of the book *Fundamentals of Motivational Interviewing: Tips and Strategies to Address Common Clinical Challenges* he is the Director of Faculty Development and Training Fidelity for the project *Screening and Brief Intervention and Referral to Treatment Training for Medical Students and Residents in Mississippi* funded by the Substance Abuse and Mental Health Services Administration. He was also the Motivational Interviewing Director for *Hub City Steps*, an MI enhanced lifestyle intervention aimed at reducing hypertension among African American individuals funded by the National Institute for Minority Health and Health Disparities. He has provided clinical services at the Milwaukee VA, the Medical College of Wisconsin in the Department of Plastic & Reconstructive Surgery and the Transplant Department, and at Rogers Memorial Hospital in the OCD unit.

General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029