

Motivational Interviewing Skills Workshops

- Motivational Interviewing: An Introduction to MI Basics, Strategies and Techniques
 - Motivational Interviewing: Advanced Skills
 - Motivational Interviewing Assessment: STEP

June & July Dates
Charlotte
North Carolina, USA



Motivational Interviewing Skills

Program Summary

**** This program of Motivational Interviewing (MI) is taught by MINT Trainers.**

With human services agencies and services providers under increased scrutiny, executives must evaluate practices, techniques, programs to improve healthcare and financial outcomes. They must deliver on promises through evidence based practices.

Clinical trials on use of Motivational Interviewing in all areas of adolescent and adult treatment abound with substantial outcomes for creating sustainable change in maladaptive behaviors far beyond compliance. MI is a powerful method proven to be fully compatible with Cognitive Behavioral Therapy, Moral Reconnection Therapy, Therapeutic Community, and various other approaches as a method that helps people resolve ambivalence toward change through discovery of intrapersonal motivation by placing complete responsibility for change on the individual.

These programs are taught with Power Point Presentation, video examples, modeling by the instructor, and practice breakout activity. Participants will recognize that many of the techniques are part of their current practice. With that recognition, and the training they will be able to begin using the techniques with more effectiveness and some added fidelity to the model.

Join us for this quality Joyfields Institute program brought to regional locations to help you minimize travel time and costs. The following MI programs are currently scheduled in your region;



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- I was very impressed with the depth of knowledge the facilitators possessed about evidenced based best-practices in the industry. However, it wasn't an over-your -head kind of dissemination . . . very practical. RW, Restoration Ministry
 - The program centered on data driven, which is in sync with evidence based practice. The presenter researched his topics very well. DA, Ramsey County Dept. of Corrections
 - The facilitator was superb, focused, obviously knowledgeable, and thorough. The training was well worth the financial investment! MS, Orange County Corrections
 - I especially commend the ability to ask questions and get responses that were incorporated into the sessions. SB, MHMR of Harris County
 - "I was very impressed with the depth of knowledge the facilitators possessed about evidenced based best-practices in the industry. However, it wasn't an over-your -head kind of dissemination . . . very practical."
 - "... one of the best "hands on" educational programs I have ever attended, including many of the Masters level courses I attended in graduate school. I will be, and have already, **STRONGLY** recommended this course for our County, DOC.... This was truly worthwhile and should be a mandatory course for Correctional Leaders everywhere." LK , Texas
 - "I can't think of any deficiencies in the program. It was very well organized, and extremely professional. I like the research that is provided to support the re-entry processes outlined in the training. It is good to have educational research to support the training being offered." - JH, Multnomah County
 - "On behalf of the Prison Department at the Ministry of Justice of the Republic of Lithuania I would like to thank you for the great opportunity to get acquainted with the prison and rehabilitation system of Georgia and Florida states. The material that was delivered during the Course will be of great use in everyday activities of penitentiary institutions of Lithuania. Good luck, Joyfields Institute!" - VP, Prisons Department of Lithuania
 - "Material is relevant with encouragement and guidance to apply to your own work setting." - TK, Multnomah County

Motivational Interviewing Skills

PROGRAM AGENDA AT A GLANCE

Motivational Interviewing: An Introduction to MI Fundamentals, Strategies and Techniques

The basic course is mostly a knowledge transfer. Participants learn;

- The theory behind the practice
- The three components (Spirit, Principles, and Techniques) and
- Phases (1-Engagement/eliciting change talk and 2-Transitioning to a change plan).

Each of these is taught with a Power Point Presentation, video example, modeling by the instructor, and practice breakout activity. Participants will recognize that many of the techniques are part of their current practice. With that recognition, and the training they will be able to begin using the techniques with more effectiveness and some added fidelity to the model.

Program Agenda

- History of Motivational Interviewing
- Applications in the treatment of adolescents in juvenile justice and substance abuse settings
- Comparison of Strength Based Strategies with Deficit Based
- Examples of Strength Based Strategies and Stages of Change (Video – John Northcross)
- Three components of Motivational Interviewing
- Three components of the Spirit of Motivational Interviewing
- Four Principles of Motivational Interviewing
- The Four Techniques of Motivational Interviewing
- Video Example – Jim the Rounder
- Practice Breakout – Triads with speaker, counselor, coder
- Phase I Eliciting Change Talk
- Strengthening Change Talk
- Transitioning to a Change Plan
- Developing a Change Plan
- Rolling with resistance
- Post Test



Please refer to website for current dates)

Motivational Interviewing: Advanced Skills (seating limited. to 25 per class. Please register early)

Advanced Motivational Interviewing follows about a month after the basic course. This allows some experience using the method which reveals successes and challenges as well as the recognition that despite its design the method is actually difficult to master.

The Advanced course takes the method from where participants indicate they are proficient and pushes it out further. It is much more detailed in each component.

The course still uses Power Point, Lecture, Video Examples, Modeling, and practice breakouts. However, focus is more on the study of techniques for their strategic purpose in evoking change talk, commitment and implementation of behavior change. A heavy focus is on understanding the need of the practitioner to shift from expert advisor to expert in evocation. It involves more Practice Breakouts with coaching from the instructor.

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Motivational Interviewing Skills

PROGRAM AGENDA AT A GLANCE

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Following the Advanced Motivational Interviewing Training an initial baseline competency is determined through use of the Video Assessment of Simulated Encounters – Revised (VASE-R). This is a 20 minute activity at the end of day two.

• **Agenda**

Discussion

- Use of MI by participants since basic skills training
- o What works
- o What are challenges/barriers
- Participants Desire for Advanced Training

Review of Basic Skills Course

- Spirit
- Principles
- Techniques
- Phase I
- Phase II
- Four Categories of Change Talk
- Evocative Strategies

Factors that Effect Change

- Deficit Based Approaches (Old Muscle)
- Strength Based Approaches in Correctional and Clinical Programs (New Muscle)

Exercises

- Classroom Exercise – To increase knowledge of “Evocation” as a strategy that is more productive in fostering intrapersonal motivation for change over “Advice, instruction, dosing with reality, bargaining”.
- Breakout Exercise
- Strength-based, Stage-wise, assistive and collaborative relationships
- Dealing with the counselor versus dealing with the issue

Sharpening Techniques

- Open Ended Questions
- Breakout exercise
- Affirmations
- Reflections
- Summary
- Video – Smoker
- Three things participants learned from Day 1

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Motivational Interviewing Skills

PROGRAM AGENDA AT A GLANCE

Motivational Interviewing: Advanced Skills (Contd)

Day 2

Three things participants learned from Day 1

Principles

- Rolling with Resistance
- Instructor will facilitate a brainstorming session
- Exercise-Rolling with Resistance-Dodge Ball
- Express Empathy
- Develop Discrepancy
- Support Self Efficacy
- Transitioning and Blending
 - o Phase I
 - o Phase II
- Video Assessment of Simulated Encounters

Feedback Within 60 days of completing the Advanced Course, participants will submit two 20 minute audio tapes for coding using the feedback from the Motivational Interviewing Treatment Integrity Manual (MITI). Feedback from the MITI is used to help staff strengthen their skills and improve outcomes.

Please refer to website for current dates)

Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency

The MIA: STEP course helps team leaders, supervisors and manager with direct reports engaged in use of the MI method. The aim here is to train individuals who have already acquired MI skills on the skills for observing and coaching their employees on the proper application of the method.

Coaching Sessions

Coaching sessions in person or via conference are recommended to be held with the instructor following the course. Coaching sessions will be held individually and in a group setting. Staff will schedule time with the instructor for a half hour session each month. Supervisors are encouraged to schedule periodic team meetings with the instructor for the purpose of specific consultation on treatment approaches for casework conducted by the team.

These are group coaching sessions with the team that can occur monthly or less than monthly as decided by team supervisors or administrators. (There is an additional nominal charge for the coaching sessions)

Please refer to website for current dates)



Motivational Interviewing Skills

Workshop Leaders—Designated Joyfields Institute MINT Instructor

Mark Lewis, LMSW, Motivational Interviewing Network of Trainers (MINT), President, MML Consulting

Licensed Master Social Worker (LMSW), Mark Lewis began his career as a Law Enforcement and Corrections Specialist in the United States Air Force. During his 10 years of service Mr. Lewis performed as a Law Enforcement Supervisor and later as a Master Instructor in the Air Force Police Academy.

He is a Licensed Social Worker in the state of Michigan and a member of the International Motivational Interviewing Network of Trainers, and carries advanced credentials in other evidence based practices. In 28 years of practice Mr. Lewis has worked in various mental health and substance abuse treatment programs in both the public and private sector. His experience includes case management, treatment, supervision, staff development, and management of adult and juvenile justice programs including a very specialized program for Parolee-Sex Offender Alcoholics and Addicts.

Mr. Lewis has been a leader in the state of Michigan for the integration of treatment for persons with co-occurring mental health and substance use disorders. He is a professional consultant to the Wayne State University School of Medicine - Michigan Fidelity Assessment Support Team (MIFAST), and the Michigan Integrated Treatment Committee (ITC).

As a management consultant Mr. Lewis has provided solid assistance to various public and private mental health and substance abuse agencies. As a consultant Mr. Lewis helps design and develop programs, train and develop staff, as well as assist in maintaining audit readiness for credentialing and licensing bodies.

Following the Air Force Mr. Lewis completed a Bachelors Degree in Psychology at the University of Michigan, and the Masters of Clinical Social Work at Michigan State University.

Bette C. Neville, Ed.D., Former Director of Treatment, Associated Marine Institutes. Certified YASI (Youth Assessment Screening Instrument) Trainer, Motivational Interviewing Network Trainer (MINT)

Until this past June (2009) when she retired, Dr. Bette Neville worked at the Associated Marine Institutes in Tampa, Florida where she had been serving as Director of Treatment for the previous 5 years. Her work there helped to lead the organization in the implementation of evidence-based principles and practices. Thankfully she could not stay away for very long when Joyfields Institute sought her out. She returns now to help others through training and development at Joyfields Institute. We are privileged to have her on board as a trainer.

Dr. Neville became a member of the Motivational Interviewing Network Trainer (MINT) after completing the required training and is also a Certified YASI (Youth Assessment Screening Instrument) trainer. She has served as President and Vice-President for the GA Federation of CEC and also served with AMI, a national organization dedicated to helping troubled youth who have been incarcerated or are at-risk. Her volunteer work has been serving on the Boards of these organizations, helping with resource development, and serving on the national team dedicated to making AMI the best in providing services to troubled youth.

During her time in active service, Dr. Neville has worked in many roles including Special Education and Special Projects Director in the Evans County School System of GA. She earned her Doctorate in Educational Leadership from Georgia Southern University (GSU) and earned a Adult Education Certification from the GA Dept of Education.

Motivational Interviewing Skills

KEY REASON WHY YOU AND YOUR COLLEAGUES SHOULD ATTEND;

- You will network with colleagues to share invaluable ideas and experiences from different parts
- You will meet the finest corrections leaders serious about the business and learn how they do what they do
- You will leave at the end of the program with action steps to take to begin address the challenges you face
- You will learn from an expert faculty what works and know what mistakes to avoid
- We don't stop at just the class room studies. You will learn in discussion groups and trouble shooting sessions how to address the re-entry opportunities ahead
- Learn key skills for great corrections systems leadership
- Learn first hand the best and latest resources for addressing corrections needs and how to apply them

CERTIFICATE COURSE

Upon completion of the course, participants will receive a certificate as evidence of your accomplishment and status as a practitioner who has acquired specific new skills. Your certificate will be delivered upon completion of the course.

WHO SHOULD ATTEND

Managers, supervisors and program managers and professionals in mental health management, adult, juvenile and adolescent corrections and rehabilitation including;

- Adult and Juvenile Case Managers, Supervisors and Managers
- Probation Officers, Supervisors and Managers
- Behavioral Healthcare and Substance Abuse Professionals
- Psychologists, Psychiatrists and Therapists
- Resident populations managers
- Pastoral counselors
- DWI Court Administrators
- Social Workers & Substance Abuse Counselors
- Researchers & Planners
- Mental Health and Prevention Center Professionals
- Community Services Organizations, Services Providers
- Program Directors and Executives
- Government Agencies
- Pre-Release Specialists

."Loved the small group participation and the group field trips." – RVK, San Diego Sheriff's Department

"Organizers were very friendly and the first 2 days lecture was excellent, thanks." DC, Miami-Dade Corrections and Rehabilitation Department

Motivational Interviewing Skills

ACCOMMODATION, REGISTRATION FEE, INTERNATIONAL PARTICIPANTS

CHARLOTTE PROGRAMS LOCATION

DoubleTree Guest Suites Charlotte/Southpark, 6300 Morrison Blvd. Charlotte, NC 28211, 704-364-2400. **To reserve your guest rooms, please call 704-927-0033. Ask for Mary Loosier.**



If you need immediate assistance, please contact our office at 770-409-8780 or send email to yvette@joyfields.org. Thank you.

REGISTRATION FEES INCLUDE;

- All training sessions
- Training materials
- Continental breakfast **and** Lunch on training dates are also included
- Complimentary 6 month membership in JI - includes newsletter, and
- 10% Discount to future Joyfields' sponsored programs

Participants are responsible for all other expenses including charges for accommodations, travel, dinners and all personal expenses.

- **Registration Fee is \$795 per person**
- **Teams of 4 or more: \$595 per person**

** Single registrations may do so online. Groups of 4 or more should complete the registration form and fax to 678-605-0271 or call Yvette Hughes at 770-409-8780.

PAYMENTS AND SUBSTITUTIONS

Please make payments online at www.joyfields.org, plus 4 other Convenient Ways To Pay:

- **WIRE** transfer. To pay by wire transfer, send email to wires@joyfields.org to request wiring instructions. Include your phone and fax # and we will send you details for wiring funds
- **FAX** Completed Registration form to Joyfields at 678-605-0271
- **MAIL** a Company Check. Checks must be payable in US \$ and made out to "Joyfields, Inc." against a US bank and Mail to Joyfields, 5805 State Bridge Road, Suite G255, Duluth, GA 30097.
- **CALL** Joyfields for assistance at 770-409-8780

All payments must be received to participate. Participants may substitute attendees, at any time prior to the start of the workshop, with no penalty.



Joyfields Institute for Professional Development

Please use this form to process your registrations. Complete the form and fax to 678-605-0271

Program Name: _____ Promo Code: _____

Approving Manager Name: _____ Title: _____

Email: _____ Phone: _____ Fax: _____

Company: _____

Address: _____

City: _____ State: _____

IPC/Zip: _____ Country _____

Attendee #1

Full Name: _____ Email: _____

Title: _____ Phone: _____ Fax: _____

Attendee #2

Full Name: _____ Email: _____

Title: _____ Phone: _____ Fax: _____

Attendee #3

Full Name: _____ Email: _____

Title: _____ Phone: _____ Fax: _____

Attendee #4

Full Name: _____ Email: _____

Title: _____ Phone: _____ Fax: _____

Payment Method (circle one): Credit Card / Wire / Check / Cash

Credit Card Name (circle one): MC / VISA / AMEX / DISCOVER

Name on Card: _____

Card Number: _____ Security Code: _____

Expiration Date: _____

Remember to book your room reservation at the hotel if you plan to stay at the hotel. If you need assistance with reserving your room, please send a request including your arrival and departure dates via email to Yvette Hughes at yvette@joyfields.org or call 770-409-8780. We will then check on room availability and contact you via email to confirm your reservation.

Thank you.