

## ***EVIDENCE-BASED WORKSHOPS***

# **Motivational Interviewing (MI): Core Skills for Durable Behavioral Change**

**TWO-DAY | 13 CE TRAINING HOURS**



### **----- LOCATIONS & 2017 DATES -----**

**- Memphis, TN | October 5-6**

**- Birmingham, AL | October 12-13**

**- Louisville, KY | October 19-20**

***Program agenda, see pages 2-3.***

**\*\* Team attendance encouraged. Huge discounts available for teams of 2 or more**

**ENROLL TODAY:** Call 770-409-8780 | Fax 678-605-0271 | Mail 5805 State Bridge Rd, Ste. G255, Johns Creek, GA 30097  
Speedy Enrollment <http://www.joyfields.org/evidence-based-practice-events/upcoming>

# Motivational Interviewing Skills – Overview

## Program Details

Enduring client change is achievable through Motivational Interviewing (MI). MI is the powerful evidence-based method for engaging intrinsic client motivation. Clinical trials on use of MI in all areas of treatment abound with substantial outcomes for creating sustainable change in maladaptive behaviors far beyond compliance.

MI is proven to be fully compatible with 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.

With public and private agencies under increased scrutiny to deliver on promises through evidence based practices, executives must evaluate practices, techniques and programs to improve results and financial outcomes. Motivational Interviewing has applications in various settings giving staffs skills to help their clients succeed through appropriate evidence based practices.

## What We Will Cover

This program teaches foundational concepts, strategy and techniques involved in MI and how it can be developed and utilized dynamically in targeted settings. It is excellent for staffs with little or no knowledge of the MI approach as well as those already implementing the model.

Joyfields Institute MI programs are taught through presentations, video examples, instructor modeling, and practice breakout activities. Participants will recognize that many of the techniques are part of their current practice. The program is designed to be sensitive to diversity of participants relative to culture and backgrounds. With that recognition and the training, they will be able to begin using the techniques with more effectiveness and added fidelity to the model.

## Day 1 - 8:30 – 4:30

History of Motivational Interviewing  
Comparison of Strength Based Strategies with Deficit Based  
Examples of Strength Based Strategies and Stages of Change

Three components of Motivational Interviewing

- Spirit
- Fundamental Principles
- Techniques

Three components of the Spirit of Motivational Interviewing

- Autonomy
- Collaboration
- Evocation

Four Principles of Motivational Interviewing

- Roll with Resistance (Practice Exercise)
- Express Empathy (Practice Exercise)
- Develop Discrepancy (Practice Exercise)
- Support Self Efficacy (Practice Exercise)

# Session Overview

## The Four Techniques of Motivational Interviewing

- Open Ended Questions (Practice Exercise)
- Affirmations (Practice Exercise)
- Reflections (Practice Exercise)
- Summary (Practice Exercise)

## Video Example

- Participants will use the OARS coding sheet to track techniques used by the counselor in the video
- Discussion of participants observations will follow the film

## Practice Breakout – Triads with speaker, counselor, coder

- Groups of three will alternate roles. Coders will use OARS coding sheet to give feedback on techniques used in 5 to 10 minute practice session. All three members of each group will perform each role.
- A discussion of the experience will follow the practice breakout session

End Day 1

## Day 2 - 8:30 – 3:30

### Review Day 1

Exercise to increase sensitivity to strength based versus deficit based approach

Video Example of probation officer using deficit based approach (monitoring for compliance)

Video Example of probation officer using Motivational Interviewing

### Phase I Eliciting Change Talk

- Four levels of Change Talk
- 10 Evocative Strategies for Eliciting Change Talk
- Practice Breakouts using evocative strategies/exercises

### Strengthening Change Talk

- Emphasizing Choice and Control
- Decisional Balance
- Readiness Ruler

### Transitioning to a Change Plan

- Summary
- Key Question (Probation Officer Using Motivational Interviewing)

### Developing a Change Plan

- Video (Dr. Yahne)
- Stage-wise interventions
- Writing a Change Plan
- Practice Breakout

### Rolling with resistance

- Five types of Resistance
- Stage-wise Interventions
- Exercise – Dodge Ball

### Post Test

End Day 2 – Certificate of Completion Core Skills for Motivational Interviewing

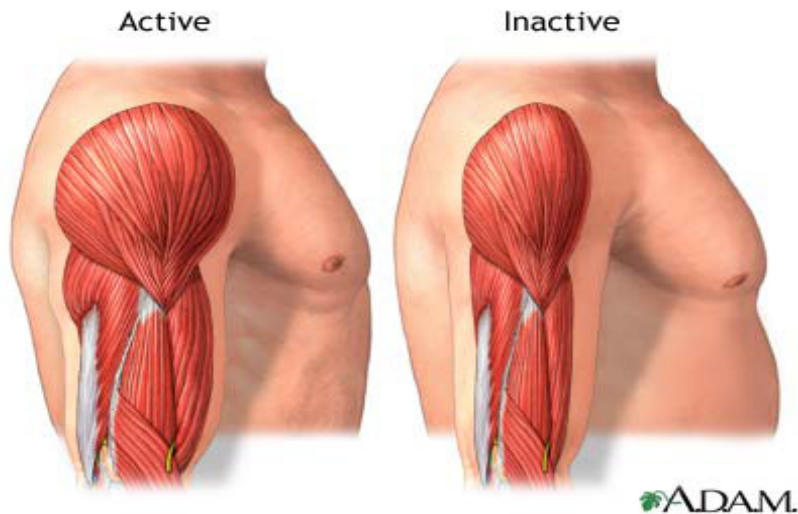


# Attendance

## WHO SHOULD ATTEND

Executives and staff at youth and adult settings, program managers, mental health services, rehabilitative services and mentoring, etc including;

- Care Coordination & Case Management Teams
- Clinical Directors & Staff, Social Workers & Counselors
- Behavioral Healthcare and Substance Abuse Professionals
- Community services agency personnel
- Probation, Parole & Community Corrections personnel
- Mental Health and Prevention Center Professionals
- Community Services Organizations, Services Providers
- Resident populations staffs
- Disability Management Professionals
- Trainers
- Safety Officers
- Nurse Care Professionals
- Prevention staffs
- Workforce Specialists
- Psychologists, Psychiatrists and Therapists
- Pastoral counselors
- Court Administrators
- Researchers & Planners
- Government Agencies
- Pre-Release Specialists



# Continuing Education Training Hours

## CERTIFICATE & CONTINUING EDUCATION TRAINING HOURS

Approved for 13 CE training hours

Joyfields Institute CE: 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. Many licensing/certification bodies accept this designation. Please check with your licensing body.

Motivational Interviewing Network of Trainers: This program is taught by approved MINT instructor.

Licensed Alcohol & Drug Counselors: Joyfields Institute is an approved education provider by National Association of Alcohol and Drug Abuse Counselors (NAADAC)/National Certification Commission (NCC) Provider #745. Many licensing/certification bodies accept this designation. Please check with your licensing body.

Substance Abuse Counselors: Joyfields Institute is an approved education provider by National Association of Alcohol and Drug Abuse Counselors (NAADAC)/National Certification Commission (NCC) Provider #745. Many licensing/certification bodies accept this designation. Please check with your licensing body.

California LMFT, LEP, LCSW, LPCC: Joyfields Institute courses meet the qualifications for CE credits in CA as required by CA BBS. Joyfields Institute is an approved education provider by CA BBS, license number PCE 5522.

Professional Counselors: Joyfields Institute is an approved education provider by the National Association of Alcohol and Drug Abuse Counselors (NAADAC)/National Certification Commission (NCC) Provider #745. Many licensing/certification bodies accept this designation. Please check with your licensing body

California State Standards & Training for Corrections: Joyfields Institute is a approved California State Standards and Training for Corrections (STC) education provider

For assistance, call +1(770)409-8780.

# Faculty

## Instruction provided by a member of the International Motivational Interviewing Network of Trainers (MINT)

Feedback from previous attendees:

"There were many different opportunities to learn in many different ways. It wasn't just lecture, there were multiple teaching strategies. The presenter was aware when breaks were necessary. The flow was conducive to learning. I really liked the interaction of the presenter; he made it feel safe and comfortable. He had great humor and showed actual concrete examples. Wonderful training!"

"It was effective to use a variety of learning styles, visual, audio and hands on learning approaches "

"The instructor was knowledgeable & passionate about the topic. It made the training fly by!"

"The trainer modeled Motivational Interviewing. Everything about the training was on point!"

"I like how it can help me accomplish more with my clients in less time"

## Key reasons you and your colleagues should attend

- Join others and learn to quickly get your program initiatives on a solid foundation
- Learn in a focused setting without the distractions of being sold to
- Network with colleagues to share invaluable ideas and experiences from different parts
- Meet other professionals and learn how they overcame implementation challenges they faced
- Leave at the end of the program with action steps to begin addressing challenges you face
- Learn first hand the best and latest resources for addressing needs and how to apply them
- Learn from experts and outstanding practitioners "what works" and what not to do
- Through discussion groups and trouble shooting exercises you will learn to embrace opportunities ahead

"I liked that the information was tactical, action-oriented, and given from the perspective of organizational development."

I liked that we were provided with specific tools (questionnaires and assessments) to utilize with our agencies. I am in strong agreement that we need to focus on internal processes and on staff outcomes as part of an evidence-based approach and I think it's great that the workshop highlighted this throughout "

# Partial List of Alumni & Customers

15th Circuit Drug Court, Horry County, SC  
16th Judicial Circuit Court, Key West, FL

Addiction Center of Broome County  
Alaska Department of Corrections, State of  
Arapahoe/Douglas Works

Barbados, Her Majesty's Prison  
BCFS Health & Human Services  
Benewah Medical Center  
Berkshire County Sheriff's Office  
Birmingham Municipal Court, City of  
Boom!Health

Canal Alliance  
CareerSource Broward  
Carroll County Health Department  
Chautauqua County Mental Hygiene  
Cherokee Nation  
Choctaw Nation  
Closer to Home Community Services  
Colorado Department of Corrections  
Colville Tribe  
Community Partnership for Prevention of Homelessness, The  
Confederated Salish & Kootenai Tribe  
Cool Aid Society  
Correctional Alternatives Inc.  
Cuyahoga County Office of Reentry

Dannon Project, The  
Del Norte County Dept. of HHS  
Department of Veteran Affairs

Environmental Alternatives  
EOC of Suffolk

Family Health Centers of Baltimore  
Ford Street Project  
Fresh Start Counseling Services  
Fresno County Probation  
Fresno County Sheriff's Office

Gang Alternative  
Garden City Family Resource Center  
Ghana Prison Service  
Grande Prairie, City of  
Great Lakes Mental Healthcare

Hackley Community Care Center  
Heritage Behavioral Health Center  
Houston Department of Health & Human Services  
Iowa Dept. of Human Services  
Iowa Juvenile Court Services  
Imperial County Behavioral Health Services  
Indiana Department of Corrections

Jefferson County Community Corrections  
JG Consulting Services  
Johnson County Mental Health

Kings County Probation

Lac Courte Oreilles Tribe  
Lafayette Parish Sheriff's Office  
Lighthouse of Broward  
Los Angeles County Probation Department  
Lakes Crossing / NNAMHS

Marin County  
Mercer Family Resource Center  
MCN Reintegration  
Miami-Dade Community Action and Human Services  
Department  
Miami-Dade County Corrections & Rehabilitation Dept.  
Miracles Outreach  
Minnesota, State of  
Missouri Office of State Courts Administrator  
Morgan County Juvenile Probation

NAPA County Health & Human Services Agency  
New North Citizens Council  
Ninth Circuit Court, Family Division

Oglala Sioux Tribe  
OIC of South Florida  
Orange County Probation Department  
Orange County Corrections  
Orange Health Care Agency, County of  
Open Society  
Pathstone Corporation  
Plumas, County of  
Plumas County Probation  
Polk County Sheriff's Office  
PRFI  
Primo Center for Women and Children  
Prince George's County Circuit Court  
Rappahannock Regional Jail

QCI Behavioral Health  
Reno-Sparks Indian Colony

San Diego County Probation  
San Diego County Sheriff's Office  
San Mateo County Probation  
Santa Clara Probation Department, County of  
Seneca Family of Agencies  
Shelby County Division of Corrections  
Siskiyou County Human Services Agency  
Social Model Recovery Systems  
South Africa Corrections & Rehabilitation Service  
SPIRITT Family Services  
Stanislaus BHRS Prevention  
St Barnabas Hospital Teen Health Center  
Suffolk County Sheriff's Office

Tanana Chiefs Conference  
The STOP Organization of Hampton Roads  
Torres Martinez Tribal TANF  
Travis County Sheriff's Office  
Tule River Indian Youth Project

Utah County  
US Federal Probation

Veteran Administration, Department of  
Virginia Department of Juvenile Justice

West Virginia Division of Justice & Community Services  
Westchester Putnam Workforce Investment Board  
Williamette Family, Inc.  
Wilmington VA Medical Center  
Wyandotte County Community Corrections

Yavapai-Apache Nation Tribal Court  
Youth Development Initiatives, Inc

# Location, Accommodation & Registration

## ACCOMMODATIONS, REGISTRATION FEE, INTERNATIONAL PARTICIPANTS

For your convenience we have scheduled several convenient workshop locations to choose from.

The most current information about specific locations may be obtained by going online to; <http://www.joyfields.org/evidence-based-practice-events>. Also once you register, you will receive very specific details for your chosen location. Or contact our office directly at 770-409-8780.

### **Select your date & location below**

- Aug. 24-25, 2017 | Billings, MT
- Aug. 29-30, 2017 | Fargo, ND
- Sept. 7-8, 2017 | Burlington, VT
- Sept. 12-13, 2017 | Des Moines, IA
- Sept. 14-15, 2017 | Boise, ID
- Sept. 21-22, 2017 | Wilmington, DE
- Sept. 28-29, 2017 | Tulsa, OK
- Oct. 5-6, 2017 | Memphis, TN
- Oct. 12-13, 2017 | Birmingham, AL
- Oct. 19-20, 2017 | Louisville, KY

\* Team attendance highly encouraged. Group discounts with 2 or more attending!

If you need assistance, please contact our office at +1(770)409-8780 or send email to [yvette@joyfields.org](mailto:yvette@joyfields.org).

### **REGISTRATION & FEES**

The registration fee covers;

- All training sessions
- Comprehensive Program Manual
- Earn CE training hours allocated for this particular program
- Breakfast daily with refreshment breaks
- 10% alumni member discount to Joyfields Institute sponsored programs

	<b>Individual</b>	<b>2-3 Individuals</b>	<b>4 or more</b>
<b>Registration Fees*:</b>	<b>\$395 ea.</b>	<b>\$350 ea.</b>	<b>\$295 ea.</b>



## Joyfields Institute for Evidence-Based Professionals

Use this form to process your registration. Complete the form and fax to +1(678)605-0271

**Course: Motivational Interviewing: Core Skills for Durable Behavioral Change**

**Location:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Authorizing Manager

Full Name: \_\_\_\_\_ Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ IPC/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Attendee #1

Full Name: \_\_\_\_\_ Title: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Attendee #2

Full Name: \_\_\_\_\_ Title: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Attendee #3

Full Name: \_\_\_\_\_ Title: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Attendee #4

Full Name: \_\_\_\_\_ Title: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Registration X # Attendee(s)

Single attendee: \$ \_\_\_\_\_ X 1 \$ \_\_\_\_\_

Team of 2 - 3 \$ \_\_\_\_\_ X \_\_\_\_\_ \$ \_\_\_\_\_

Team of 4 or more \$ \_\_\_\_\_ X \_\_\_\_\_ \$ \_\_\_\_\_

SUBTOTAL \$ \_\_\_\_\_

### Purchase Membership (circle one)

Individual Plan - \$100 | Team Plan - \$700 | Enterprise Plan - \$1500 \$ \_\_\_\_\_

Existing Member, subtract 10% (—) \$ \_\_\_\_\_

**PAY GRAND TOTAL** \$ \_\_\_\_\_

**Payment Method (circle one): Credit Card / Check / Bill Me / PO #** \_\_\_\_\_

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

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Make checks payable to Joyfields Inc. drawn on US bank in US Dollars. Mail To: Joyfields Institute at address shown

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