

Missouri Institute of Mental Health

Continuing Education

Live Conferences

MOTIVATIONAL INTERVIEWING: INTERMEDIATE LEVEL

April 3, 2009

**Hilton Garden Inn Independence
19677 East Jackson Dr.
Independence**

April 17, 2009

**Location changed to
Missouri Institute of Mental Health
5400 Arsenal St.
St. Louis**

May 8, 2009

**Primaris
Columbia**

May 29, 2009

**Holiday Inn Forest Park
St. Louis**

Motivational Interviewing (MI) is a tool used to help people resolve their ambivalence, or internal conflict, about changing their behavior. During this full-day in-depth workshop, you will increase your knowledge about Motivational Interviewing. There will be opportunities to develop your skills in both Phase 1 skills, OARS (Open-ended questions, Affirmations, Reflective listening and Summaries), Phase 2 skills, and Eliciting Change-Talk. Additionally, MI skills, such as strategies for dealing with resistance and providing information, will be presented and demonstrated.

This program will not cover the basics of Motivational Interviewing. We recommend knowledge of the introductory concepts of MI prior to attending this workshop. Two Motivational Interviewing DVDs (*What is Motivational Interviewing* and *How is Motivational Interviewing Applied*) are available for purchase from the Missouri Institute of Mental Health at a special \$5.00 discount price of \$30.00 for the set with program registration. Easy ordering online or use the registration form included.

Please register early. Space is limited at each location.

Check out www.mimhtraining.com to
register online and order your MI DVD set.

Learning Objectives

After completing this program participants should be able to:

- ♦Describe the use of OARS and demonstrate proficiency
- ♦Explain how to use Complex Reflections to aid clients
- ♦Identify and be able to use at least three strategies for eliciting change-talk
- ♦Learn the Elicit-Provide-Elicit technique
- ♦Aid clients/patients to resolve ambivalence around behavior change and develop a change plan using MI

About the Presenter

Mary Dugan, PhD, is a Research Assistant Professor at the Missouri Institute of Mental Health. She earned a Master's in Social Work from Saint Louis University and her doctorate from the University of Missouri-St. Louis in Counselor Education. Research interests include cultural responsiveness, prevention, and the use of Motivational Interviewing, particularly with ethnic minorities. Dr. Dugan is a Licensed Clinical Social Worker with prior clinical work experience in various social service settings including a substance abuse treatment center, community mental health agencies, and private practice. Dr. Dugan's first experience with Motivational Interviewing occurred in the late 1990s and more recently she participated in Motivational Interviewing Supervisor's Training (MIST) with William Miller and Theresa Moyers. In 2007 she was accepted into the Training for New Trainers (TNT) conducted in Sophia, Bulgaria. She is now part of the Motivational Interviewing Network of Trainers.

DVDs

The set of MI DVDs is available at the special price of \$30.00 for the set. Order your DVDs at least three weeks prior to the program date to allow for shipping time and reviewing the tapes.

Designed for

This workshop is designed for counselors, psychologists, social workers, nurses, and case managers in mental health settings and correctional facilities.

Schedule

7:30 am	Conference check-in and continental breakfast
8:00	Welcome and Introduction
8:10	Group Introductions: What I like about MI.
8:30	Review of Theoretical Underpinnings that Form the Basis for the Spirit of MI <ul style="list-style-type: none"> ♦Bem's Self-perception Theory ♦Bandura's Self-efficacy Theory ♦Self-determination Theory
9:15	Micro Skills Review: OARS
10:15	Break
10:30	Training Video/OARS Worksheet/Observe
11:15	MI Technique for Sharing Information: Elicit-Provide-Elicit
12:00 pm	Lunch with film on the Spirit of MI: Monty Roberts' Film
1:00	Techniques for Evoking Self-motivational Statements (Change Talk and Commitment) <ul style="list-style-type: none"> ♦DARN-C (Desire, Ability, Reason, Need-Commitment) ♦Developing a Plan for Change
2:15	Break
2:30	More Complex REFLECTIONS
3:00	Rolling with Resistance <ul style="list-style-type: none"> ♦ Film clips topic: Rolling with Resistance
3:45	Q&A, Complete Evaluations
4:00	Adjourn

Conference Locations

Friday, April 3, 2009

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19677 East Jackson Dr.
Independence, MO
Complimentary parking.

Friday, April 17, 2009

Location changed to
Missouri Institute of Mental Health
5400 Arsenal St., St. Louis, MO
Complimentary parking.

Friday, May 8, 2009

Primaris
200 N. Keene St., Columbia, MO
Complimentary parking.

Friday, May 29, 2009

Holiday Inn Forest Park
5915 Wilson Ave., St. Louis, MO
(Near Hampton & I-44)
Complimentary parking.

Directions available on our website www.mimhtraining.com

GENERAL INFORMATION

