☒ Cultural Competency ☐ CGF Designation

MOTIVATIONAL INTERVIEWING

DATE & TIME:	**January 09, 2019**	**9:00 AM – 4:00 PM**	**ATTENDANCE FOR BOTH DATES IS MANDATORY**
	January 30, 2019	**9:00 AM – 4:00 PM**	

For DMH employees, all registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: **Helpline Youth Center**
Liberty Plaza
14181 Telegraph Road
Whittier, CA 90604

PARKING: **Free On-Site Parking**

This training addresses the theoretical and conceptual underpinnings of Motivational Interviewing and equips clinicians with techniques to "meet the consumers where they are at, supporting improved clinical outcomes, consumer engagement and retention. The stages of change and the four processes of Motivational Interviewing will be reviewed. Participants will gain familiarity with opening strategies designed to elicit "change talk" from the consumer who presents in the early stage of change. The Adherence and Competence Feedback Form will be reviewed. A discussion about cultural relevance and modification of the technique to address the consumer's cultural perspective will be discussed utilizing participants' caseload examples.

TARGET AUDIENCE: DMH directly operated and DMH contract adult providers only

OBJECTIVES: **As a result of attending this training, participants should be able to:**

1. Identify the theoretical and conceptual makeup of Motivational Interviewing.
2. Explain how people engage in and resist change.
3. Name the 4 core processes of Motivational Interviewing.
4. Explain how Motivational Interviewing can increase consumer retention and engagement.
5. Apply opening strategies to elicit "change talk."
6. Explain how Motivational Interviewing promotes recovery.
7. Discuss how individuals of various cultural and ethnic backgrounds may respond to the motivational intervention.
8. Design a Motivational Interviewing session using all the Motivational Interviewing tools.
9. Utilize a consumer's "change talk" to support her/his recovery process.
10. Apply appropriate treatment techniques based on consumer's level of motivation.
11. Utilize the Adherence and Competence Feedback form to rate a training video motivational interviewing session.
12. Assist the consumer develop a change plan that is consistent with her/his stage of change.

CONDUCTED BY: **Ahndrea Weiner, M.S., LMFT, LPCC Matrix Institute**
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COORDINATED BY: **Maria Contreras, M.A., Training Coordinator**
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DEADLINE: **01/02/2019** *or when maximum capacity is reached*

CONTINUING EDUCATION: **12 CEU's for BBS, BRN, CCAPP-EI**
12 CE's for Psychologists

COST: **NONE**

DMH Employees register at:
http://learningnet.lacounty.gov

Contract Providers register at:
https://goo.gl/forms/TXiedf4cdWruzlnx2