Center for Applied Behavioral Health Policy
ARIZONA STATE UNIVERSITY

Pacific Southwest ATTC

Motivational Interviewing (MI) Academy
Wednesday, March 17 to Friday, March 19, 2010
Embassy Suites Hotel, Biltmore Phoenix

Sponsored by
Arizona State University's Center for Applied Behavioral Health Policy (CABHP) & the Pacific Southwest Addiction Technology Transfer Center (PSATTC)

Motivational interviewing (MI) is a client-centered, goal oriented method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

The Motivational Interviewing Academy is led by CABHP's Dr. Robert Rhode who has been teaching and learning about MI since 1986 and is a member of the Motivational Interviewing Network of Trainers (MINT). Participants will learn and/or improve their Motivational Interviewing (MI) skills through the use of videos, role-play, exercises, scoring of recorded sessions and homework. Workshop attendees will also have the opportunity to participate in follow-up coaching calls at no extra charge. Dr. Rhode will provide feedback and support as participants use their skills with clients or supervisees. As participants must submit a digital recording of a session for review prior to participating in the MI Academy, each trainee will receive a FREE digital recorder. In addition, a select group of participants will be offered the opportunity to take part in the National Change in Practice ATTC Network study.

Similar MI Academies were held in July 2008 at CABHP's Annual Summer Institute and April and October of 2009. Results showed improvements in the evaluations of attendees' audio-recorded sessions, scores on the Video Assessment of Simulated Encounters (VASE-R), knowledge questions and their self ratings of changes in their MI skills. For more information on visit http://www.cabhp.asu.edu/pro-development/asi/SI.aspx

Who Should Attend: Psychiatrists, Psychologists*, Criminal Justice Professionals, Nurses, Social Workers, Addiction and Mental Health Counselors, Marriage & Family Therapists, Medical Professionals, Case Managers, and Peer Support Specialists that wish to improve their knowledge and skills of MI.

Learning Objectives:

Participants will:

1. Use the three components of motivational interviewing MI "Spirit" (evocation, collaboration, autonomy/support) to solicit client motivation.
2. Identify change and sustain talk in client statements.
3. Use the *Motivational Interviewing Treatment Integrity Scale (MITI*) and Motivational *Interviewing Assessment: Supervisory Tools to Enhance Practice (MIA:STEP)* when listening to a counselor work with a client.
4. Respond in at least two ways to sustain talk.

5. Use at least two ways to help clients experience dissatisfaction with their risky behaviors.

Skill Acquisition Measured Using the Following Instruments:

- Pre- and Post-GPRA forms
- Evidence-Based Practice Attitudes Scale (EBPAS)
- Motivational Interviewing Treatment Integrity (MITI) Scale
- Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency (MIA:STEP)

Cost: Early Bird (payment received by February 8, 2010) $549 **That's less than $23 per CEH !**
February 9-March 8, 2010 $649

Agencies can Save 10% by registering 3 or more participants!

No cancellations once registered.

Spring is an ideal time in Phoenix, temperature is about 75 degrees.

Registration: Please contact Linda Williamson at 602-496-1483 or e-mail linda.williamson@asu.edu to reserve your seat to the Spring 2010 Motivational Interviewing Academy. Include your name, agency, address, phone number and e-mail addresses. Don't delay – **space is limited to only 45 participants** for this 3-day training interactive training with the added benefit of receiving additional coaching and mentoring following the training in two different ways (i.e. coaching calls and/or submission of recorded sessions).

Location: Embassy Suites Hotel, Phoenix-Biltmore, 2630 E. Camelback Rd, Phoenix, AZ 85016, Phone: 602-955-3992. **A special rate of only $160 per night** (plus tax) is available. This rate includes a full breakfast, nightly manager's reception and free parking. Book your hotel accommodations directly with Embassy Suites. For additional information: http://embassysuites1.hilton.com/en_US/es/hotel/PHXCBES-Embassy-Suites-Phoenix-Biltmore-Arizona

All participants will *may receive up to 18 contact hours for continuing education credit,* accredited by NAADAC, the Association for Addiction Professionals, National Association of Social Workers (NASW), or American Psychological Association*. **Trainees must participate in at least 1 follow-up coaching call and submit one post-training recorded session *prior to* being awarded CEUs.** An instructional packet will be mailed to the trainee that includes the recorder, letter of explanation for supervisors, letter of explanation for client/s explaining the purpose of the recording, description of the study, instructions for creating a recording, etc.

Why chose CABHP's 3-day MI Academy?

	Other company's 1-day MI Trainings	CABHP's 1-day MI Trainings	CABHP's 3-day MI Academy Trainings
Theoretical models of client motivation	8 models described	Not covered-training is focused on responding to clients rather than theory.	Not covered-training is focused on responding to clients rather than theory.
Components of the spirit behind MI	Talked About	Described & demonstrated	Described & demonstrated via video
Soliciting change talk	Described Only	Described, demonstrated & practiced via video examples.	Described, demonstrated & practiced via video examples. Practice recording with a colleague plus receive feedback from colleagues and experts.
Responding to client resistance or sustain talk	Described only in the context of making reflections and summarizing	Described, demonstrated & practiced via video examples.	Described, demonstrated & practiced via video examples. Practiced with a colleague.
Helping the client feel discrepancy between where s/he is and where s/he intends (or intended) to be.	Not Covered	Described, demonstrated, and practiced via video examples.	Described, demonstrated & practiced via video examples. Practiced and recorded with a colleague. Receive feedback from colleague and from experts.
Using rating instruments to further your or supervisee's learning.	Not Provided	Described	Described and used with practice exercises completed with colleagues during the training.
Feedback on your particular responses to role plays or clients.	Not Available	Not Available	Opportunity to receive feedback on 3 instances of work with your clients, and 3 instances of your work with a colleague.
Coaching phone calls after the training.	Not Available	Not Available	Opportunity to participate in up to 3 coaching phone calls focused on your & others' experiences of using MI with clients.
Digital Recorders	Not Provided	Not Provided	Provided as part of the training for making recordings of interactions with peers, clients & staff.

*Through CABHP's ongoing partnership with UCLA Integrated Substance Abuse Programs, we are proud to announce the availability of **continuing education credit for psychologists** for this MI Academy.

UCLA Integrated Substance Abuse Programs is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA ISAP maintains responsibility for this program and its content.

A total of 18 hours of continuing education credit will be offered to participating psychologists.

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CABHP Training Event Registration

Fall Motivational Interviewing Academy

March 17 – 19, 2010, 9AM-4PM
Embassy Suites Hotel Phoenix-Biltmore, 2630 E. Camelback Rd., Phoenix, AZ 85016

Participant Information (add extra sheet if needed for additional participants)

Name	
Name (2)	
Name (3)	
Name (4)	
Name (5)	
Name (6)	
Name (7)	
Agency	
Address	
City, State, Zip	
Main Contact	
E-Mail	
Phone	
Special Need Requests	

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Tuition Information

Early Bird – **notification** by February 1st, **payment** by February 8th $549

Standard – **notification** by March 1st, **payment** by March 8th $649

On-site (not guaranteed) $749

10% discount for any agency sending 3 or more people from same agency **OR** is a sponsor of the 11th Annual Summer Institute, July 20-24, 2010.

Payment Information

Number attending _____ x $ _____ = Amount due of $ _____

Minus 10% discount for 3 or more OR SI Sponsor = Adjusted amount due $ _____

____ Check enclosed ____ Bill to credit card (Visa or MasterCard only)
please provide information

Type of Card: _____ Visa ____ MasterCard

Name as it appears on card: _____

Card Number: _____ Month/year expiration of card _____ (data not secure)

Billing address _____City_____ State ___ZIP _____

Mail checks with registration form to: CABHP, Linda Williamson, 500 N. 3rd St., MC: 3220, NHI 1, Suite 200, Phoenix, AZ 85004-2135 or fax: 602-496-1494

Questions: Contact Linda Williamson, 602-496-1483

E-mail: linda.williamson@asu.edu