# Motivational Interviewing: 3-Day Advanced Training (Level II)

Steven Malcolm Berg-Smith, MS, MINT Member
San Francisco, CA
October 9-11, 2019

**Description:** Motivational Interviewing (MI), first described by William Miller (1983), and later elaborated in the classic book—Motivational Interviewing: Preparing People for Change (1991, 2002, 2013)—offers a practical, evidence-based approach for supporting clients in making and sustaining healthy behavior changes. Originally developed in the drug and alcohol field, over 300 clinical trials demonstrate the efficacy of MI across a range of populations, target behaviors, and medical conditions. In particular, MI has been shown to be especially effective in brief clinical encounters and for individuals not ready or unsure about change. This advanced workshop is designed for individuals who have completed introductory training in MI, and have experience using this method in an applied setting. Participants will be guided through a sequence of learning activities to move from basic competence to more advanced clinical skillfulness in their own areas of work. Learning activities will include: real-life demonstrations, videotape examples, "real-plays", case studies, small group exercises, and significant participant practice with feedback.

## Learning Objectives: *Participants will be able to:*

1. List the key ingredients of the guiding philosophy of Motivational Interviewing (MI)
2. Identify the foundational communication skills of MI from demonstrations and video examples
3. Name advanced MI strategies for eliciting and exploring clients' own reasons for change in role-play practice exercises
4. Describe the 4 processes of MI for navigating clinical conversations in the direction of client change goals
5. Identify key issues for enhancing confidence & competence in applying the primary skills & strategies of MI into clinical practice

**Target Audience:** This workshop is appropriate for helping professionals who are in the role of counseling clients/patients to make and sustain healthy behavior changes: physicians, nurses, health educators, care managers, dieticians, social workers, counselors, psychologists, life coaches, clergy, probation/corrections officers, personal trainers, etc.

## What's included in registration:

- 19.5 hours of high-level training
- Resource manual/materials
- Tea Breaks/Light Snacks
- Venue with stunning view of San Francisco Bay
- Certificate of completion **(see page 4 for more details)**
  * Provider approved by the California Board of Registered Nursing, Provider # CEP 15181 for 19.5 contact hours
  * Provider approved by the Commission on Dietetic Registration for 19.5 CPE hours (# MS831)
  * Course meets the qualifications for 19.5 hours of continuing education credits for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavior Sciences
  * Provider approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. CAMFT provider # 134764
  * Provider (Steven M. Berg-Smith) maintains responsibility for the course and its content.

**Venue: Fort Mason Center, San Francisco, CA:** Located between Fisherman's Wharf and the Golden Gate Bridge, Fort Mason Center is a National Historic Landmark, and the setting for more than 15,000 meetings, conferences, performances, and special events each year. With some of the best views of San Francisco, Fort Mason Center offers easy access to public transportation and a host of nearby accommodations and restaurants. (www.fortmason.org)

**Schedule:** 8:45am—4:45pm (see detailed schedule on pages 2-3)

**Fee:** $650.00 (fee increases after Sept 11)

**Refund Policy:** If a participant cancels 30 days prior to the first day of course, they'll receive a refund, minus a $100.00 processing fee. Non-refundable thereafter.

**Space is limited to 50 participants! Sign up NOW!** **(Registration form on page 4)**

# Trainer Bio:

For over 28 years, Steven Malcolm Berg-Smith has worked as a behavior change counselor, health educator, drug & alcohol prevention specialist, and researcher. He currently has a private practice in the San Francisco Bay Area as a MI trainer, consultant, coach & mentor.

A member of the International Motivational Interviewing Network of Trainers (MINT) since 1994, Steve has conducted over 800 motivational interviewing (MI) workshops and presentation throughout the US and internationally. Considered a master trainer by his peers, Steve has served as a "trainer of trainers" for MINT, and collaborated in the design of MI-inspired behavior change intervention protocols for numerous national clinical research trials. He has authored a manual on the "*The Art of Teaching Motivational Interviewing*," along with several frequently cited articles on how to use motivation-enhancing tools and strategies to support adolescents and adults in making positive lifestyle changes.

Steven holds a MS in Community Health Education from the University of Oregon, and a BA in psychology from the University of Redlands.

# Program Schedule

### Day 1: 8:45am-4:45pm

1. Welcome & Overview
   - Goals & Objectives
   - Introductions
   - Group Guidelines
2. Baseline Questions
   - MI satisfaction assessment
   - MI skillfulness assessment
3. Get R.E.A.L: Style is everything!
   - Respect
   - Empathy
   - Active Collaboration
   - Listening
   - Exercise: Listening with presence
4. Where helping professionals get stuck in learning MI
   - Letting go of the expert role
   - Using complex reflections
   - Missed opportunities
   - Insufficient direction
   - Opposing resistance
   - Failing to move on to action planning
   - Not consolidating commitment
   - Not letting go of MI
5. Resistance: Client or Staff Problem?
   - Minimizing Resistance

   Break:
6. OARS Review
   - Open-ended Questions
   - Affirmation
   - Reflective Listening
   - Summarizing
7. Recognizing, Reinforcing, and Eliciting Change Talk (Part 1)
   - Prep versus Activating
8. Strategic Reflective Listening: Guiding Towards Change Talk (Part 1)

   LUNCH:
9. MI Demonstration: Following the Roadmap
10. Exchanging Information (Education, Advice, Feedback, Referral)
    - Explore—Offer—Explore
11. Offering Advice
12. Recognizing Readiness for Change

13. Negotiating a Change Plan
    - Setting goals
    - Considering Change Options
    - Arriving at a plan
    - Eliciting Commitment
14. Closing

## Day 2: 8:45am-4:45pm

1. Key Learning's: Day 1
2. Strategic Reflective Listening: Guiding Towards Change Talk (Part 2)
3. Rolling with Resistance (part 1)
    - "Batting Practice"

   Break: 15 min
4. Raising Difficult Topics
5. Values and Motivation: Linking core values to future goals, hopes, dreams & commitments

   LUNCH
6. Providing Client-Centered Education in the Spirit of MI
7. Recognizing, Reinforcing, and Eliciting Change Talk (Part 2)

   Break: 15 min
8. MI Practice with Feedback (part 2)
9. Questions and Answers
10. Closing

## Day 3: 8:30am-4:45pm

1. Key Learning's: Day 2
2. History of MI
    - Carl Rogers
    - William Miller
3. Strategic Reflective Listening: Guiding Towards Change Talk (Part 3)

   Break: 15 min
4. Rolling with resistance (part 2)

   "Releasing the Righting Reflex"
5. Guiding the Dance: MI as a person-centered, guiding approach

   LUNCH
6. Affirmations: From Strengths to Affirmations
7. Summaries: "Dr Clark's Referral"
8. MI Practice with feedback

   Break:
9. MI and Ethical Considerations
10. Clinician Attitude Management
    - Interpersonal Style Assessment
11. Putting it all together
12. Closing Activities
    - MI Satisfaction Assessment
    - MI Skillfulness Assessment
    - Reminder Chart
    - Evaluation

**Continuing Education:** At the conclusion of the training, eligible participants will receive a CE certificate. To receive a CE certificate, participants must stay for the entire training, sign in and out, and complete an evaluation.

**Grievance Policy:** Direct grievances directly to Steve Berg-Smith: smalcolmbs@earthlink.net

**Disability Accommodation:** Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact Steve Berg-Smith at 415-924-2163 or smalcolmbs@earthlink.net

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# 3-Day Advanced Training (Level II)

Steven Malcolm Berg-Smith, MS, MINT Member
San Francisco, CA
October 9-11, 2019

## REGISTRATION FORM

*(please type or print clearly)*

| | |
|---|---|
| **Name:** | |
| **Profession:** | |
| **Mailing Address:** | |
| **Telephone:** | |
| **Fax:** | |
| **E-mail:** | |

**Early Registration Deadline: (Sept 11)** **$650.00**

**Late Registration: (*After* Sept 11)** **$700.00**

**Refund Deadline*: (Sept 11)**

*** If you cancel prior to 9/11/19, you'll receive a refund, minus a $100.00 processing fee.**
**Non-refundable thereafter**

**Payment;**

US Bank Check or Money Order in US dollars made payable to: **Steven Malcolm Berg-Smith**

PayPal: http://www.berg-smithtraining.com/events.htm

**Training Site: Fort Mason Center, San Francisco, CA (www.fortmason.org)**

**Send Registration Form and Payment to:**

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Email : smalcolmbs@earthlink.net