

Motivational Interviewing – Basic Practice Course

Preparing People to Change: Theory and Skill Building Training*

Facilitated by: Kathleen Sciacca, MA

Mon. – Wed., December 8, 9 & 10, 2008

9 am – 4:30 pm (daily)

Location: TBD

~ Note: This is a three, full-day course ~
(Space is limited to 36 participants)

MOTIVATIONAL INTERVIEWING provides effective strategies and skills for working with many forms of behavior change including: mental health, chemical dependency, HIV, criminal justice, homeless services, domestic violence, employee assistance programs, vocational rehabilitation, and primary health care. It is effective for both adult and adolescent populations.

This course is being offered as part of a program that seeks to build a local training capacity in motivational interviewing. Participation in this program and its offerings is limited. Interested providers or practitioners should contact Terry Richmond, TA Program Coordinator at gmrichmond@cnyhsa.com or Candace Murray, TA Senior Planner at cmurray@cnyhsa.com for more information.

Brought to you by:

The Syracuse Area HIV/AIDS Technical Assistance Program

A program of **CNYHSA**

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In partnership with the Onondaga County Department of Mental Health

* NOTE: This course is a prerequisite for Motivational Interviewing in Clinical Supervision and Training of Trainers, to be held in March 2009.

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Training Topics

- MI theory, concepts and philosophies.
- Contrasts between traditional interventions and MI strategies and interventions. Correlates between dual diagnosis treatment interventions and MI
- "Stages of Change" and correlating interventions
- Measuring "Readiness to Change" and progress tracking
- Four Principles of MI
- Five Opening Strategies of MI
- Development of empathic/reflective listening skills and other MI strategies and techniques
- Dealing with resistance
- MI Treatment Integrity (MITI) scale and other criteria for monitoring quality interventions
- MI Phase II: Building on "Readiness to Change"
- Sustaining motivation for change
- Developing intervention plans
- Administering and interpreting Functional Analysis
- Elements of Cognitive Behavioral Therapy that are compatible with MI
- MI strategies for groups
- Role of MI in brief interventions

About the Trainer

Kathleen Sciacca, M.A., is trained as a trainer of Motivational Interviewing by Miller and Rollnick. Ms. Sciacca has been a member of the MINT since 1995. She is a forerunner in treatment interventions, program development and program materials for Dual Diagnosis; author of the MIDAA Service Manual; producer of the video Integrated Treatment. She has 30 years of clinical experience in both MH & SA; twenty-four years as Dual Diagnosis consultant, trainer & program implementer; and 14 years as an educator/trainer of Motivational Interviewing.



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