*****Saginaw County Community Mental Health Authority Presents*

**Motivational Interviewing Basics Step 1**

Presented by: Heidi Wale Knizacky, MS, LLP

**\*\*MUST ATTEND ALL DATES\*\***

**Tuesday September 28, Wednesday September 29, Thursday September 30, and**

**Friday October 1, 2021 |1:15pm – 4:45pm**

Online – Virtual (Interactive)

**Zoom Pro**

**Course Description**

Motivational Interviewing is a client centered directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This training will prepare clinicians to implement interviewing strategies and recognize and elicit change talk. This course consists of lecture, discussion, skill practice and small group activities.

## About the Presenter:

**Heidi Wale, MS, LLP**

Heidi Wale Knizacky received her Master of Science degree in Clinical Psychology from Eastern Michigan University where she was a research assistant for Dr. Kay Hodges, the author of the CAFAS®. Heidi has nineteen years of experience working as a therapist in both CMH and private agency settings where she specialized in working with youth with serious self-harming and oppositional behaviors and their families. Ms. Knizacky owns APPRECOTS - Applied Research Consultants, a company that assists with evidence-based program development, implementation, and assessment within human service agencies. Heidi is currently involved with several initiatives related to applied behavioral treatment practices, provision of safe and appropriate services to LGBTQ+ youth, and is a member of the Motivational Interviewing Network of Trainers (MINT).

**Who Should Attend**

Beginning, intermediate, and advanced level social workers, counselors, therapists, and all other professionals working with individuals with mental illness and co-occurring substance use disorders who have not taken Motivational Interviewing training.

*\*Staff MUST review the online virtual professional training memo attached to the training announcement.*

**Continuing Education Credits**

13 Social Work Continuing Education credits, 13 MCBAP and 13 Child Diagnostic credits will be awarded. A $100 registration fee will apply for Community Professionals not contracted with SCCMHA. **Non-Contracted Community Partners please see the registration form on page 5.** ***All Participants*** *are* ***REQUIRED*** *to complete the Training Evaluation through the Survey Monkey training link immediately upon completion of the virtual training in order to receive credit for the training. You will have a 30-minute window to complete the evaluation or contact SCCMHA Continuing Education Unit with evaluation completion concerns.* As we have availability, seats will be released to professionals within the community after the *identified registration close date*.

**Course Goals**

To increase skills in using motivational interviewing to facilitate change in consumers with co-occurring disorders or any individuals who are ambivalent about making a significant change in their lives. This live, virtual course will offer participants interaction via voting polls, chatting, private and small group breakout sessions and verbal exchanges using audio & video services.

**Learning Objectives**

Upon completion of the training, participants will be able to:

1. Demonstrate communication within the Spirit of MI
2. Demonstrate effective listening skills
3. Recognize, elicit and increase change talk
4. Give advice within an MI framework
5. Recognize and respond to discord
6. Express knowledge of when to utilize MI

**Agenda Day 1**

1:00pm – 1:15pm Sign in & Virtual Troubleshooting

1:15pm – 2:30pm What is Motivational Interviewing?

2:30pm – 3:45pm Understanding Ambivalence

3:45pm – 4:45pm The Righting Reflex

4:45pm – 5:00pm Sign-out

**Agenda Day 2**

1:00pm – 1:15pm Sign in & Virtual Troubleshooting

1:15pm – 2:30pm The Spirit of Motivational Interviewing

2:30pm – 3:45pm Reflections

3:45pm – 4:45pm Summaries – Recognizing OARS Techniques

4:45pm – 5:00pm Sign-out

**Agenda Day 3**

1:00pm – 1:15pm Sign in & Virtual Troubleshooting

1:15pm – 2:30pm Stages of Change and the Four Processes of Motivational Interviewing

2:30pm – 3:45pm The Process of Engagement

3:45pm – 4:45pm The Process of Focusing

4:45pm – 5:00pm Sign-out

**Agenda Day 4**

1:00pm – 1:15pm Sign in & Virtual Troubleshooting

1:15pm – 2:30pm Different Types of Change Talk

2:30pm – 3:45pm Eliciting Change Talk

3:45pm – 4:45pm Responding to Disengagement

4:45pm – 5:00pm Sign-out and Course Evaluation

*\*A mid-morning break may be given at a time to be determined by the trainer each day*

**Course Assignment**: SCCMHA Motivational Interviewing Audio Recording Guide - Completion on your own time and returned to the trainer via email within 1 year of completion of this training for evaluation by the trainer.

*Staff are REQUIRED to sign in 15 minutes to the start of the virtual training to ensure equipment is working properly and work through any troubleshooting.*

*\*\*Please be advised as we work through learning the virtual training system there may be times we experience technical difficulties. If technical difficulties last longer than 15 minutes we will need to reschedule the training\*\**

**How to Register/Accommodations**

This training is free of charge for SCCMHA staff and contracted network providers: **you must register no later than 9.17.21.**

*Non-contracted Professional Community Partners a $100 registration fee will apply. Please see registration form on page 4.* All sessions will take place via Zoom Virtual meetings. Meeting address will be distributed with registration confirmation.

**Advance registration is required** as space is limited. Email registrations@sccmha.org or contact 989-797-3445 to register. SCCMHA staff must have supervisor approval to attend this training.Please let us know if you need any special accommodations such as mobility assistance, interpreters, etc. at the time of registration. We will make every attempt to honor your special needs request.

**Late notice**

The training will begin promptly at **8:30am** as identified in the agenda. Credit will **not** be given for arrivals **any minute** past the start time and participants will **not** be allowed into the virtual training room. There are no exceptions to this.

**To receive 13 Social Work, 13 MCBAP and 13 Child Diagnostic credits participants must:**

1. Sign in **before** the start of the training session each day.
2. Be present for the **entire** session each day.
3. Complete a course evaluation at the end of the training session on the final day.

**Certificates**

A certificate with total CE’s earned for the course will be provided within 30 days of the final session. Social workers are responsible for manually writing in license numbers. Attendees spending excessive time out of the room or engaging in activities not associated with the training as determined by the instructor or monitor may not receive credit. No partial credit will be given.

**VIRTUAL TRAINING PROGRAM GUIDELINES**

1. I agree to log in at least 15 minutes prior to the start of the training to ensure I have access and my equipment is functioning properly.
2. I understand that class begins at the Start Time on the training announcement. If I attempt to participate after that time, I will not be able to attend the class.
3. I understand that if I am late to re-join the virtual training from **break** or **lunch** I will not be able to re-join the class.
4. I understand that class runs until the times indicated on the training schedule. If I need to log out prior to the end of the training I will have to make the entire class up at another scheduled time.
5. I understand I am participating in a virtual training and must conduct myself as I would during a live training. This includes but is not limited to:
	1. Dressing appropriately.
	2. Using appropriate discussion methods, the trainers advise to use
	3. Keeping your video screen on at all times for monitoring and if it is disrupted I can be contacted at the phone #

identified below. If it is disrupted for more than 15 minutes you may not be allowed back in the training

* 1. Ensuring your training space is private with no interruptions
	2. I will not be driving or be in any form of moving transportation while participating in a virtual training due to Michigan Distracted Driving Laws. [https://www.michigan.gov/msp/0,4643,7-123-72297\_64773\_22760-238359--,00.html](https://www.michigan.gov/msp/0%2C4643%2C7-123-72297_64773_22760-238359--%2C00.html)
1. I understand that I may not use any other technology during virtual training
2. I understand that if there is a personal emergency situation that must be monitored during class hours, I will

notify the trainer(s) before class starts to discuss.

1. I understand that sleeping during virtual is **not** allowed. If the trainer notices non-participation they will first attempt to get my attention via the participation options virtual. If I do not respond I will be removed from the virtual training.
2. I understand that everyone learns at a different pace and will be tolerant and supportive of each other’s needs.
3. I understand I must pass all aspects of the training including any hands-on requirements as directed by the trainer(s) in order to pass the training in full. Modification of the training will not be allowed.
4. Training participants may not have children or pets with them in their training space while participating in virtual training with SCCMHA Continuing Education. This is not only a distraction to me but also a distraction to all others who are participating.
5. When I complete a virtual training, I will also need to complete a virtual training evaluation.

*By registering for and receiving confirmation of registration of training, I acknowledge that I have read and understand the program rules and expectations presented in the above information regarding virtual training. I understand that failure to comply with program guidelines may result in* *expulsion from the virtual training.*

SCCMHA

Continuing Education CE Registration Fee

500 Hancock Street

Saginaw, MI 48602

**TRAINING REGISTRATION for Non-Contracted Community Partners:**

To register, please complete the information on the form below and email to registrations@sccmha.org.

**We highly encourage payment securely via PayPal here:**

[**https://www.sccmha.org/resources/sccmha-community-partner-training.html**](https://www.sccmha.org/resources/sccmha-community-partner-training.html)

If not paying by credit card *promptly* send payment (checks made payable to: Saginaw County Community Mental Health Authority). If you do not have access to email, fax this form to 989-498-4219, call 989-797-3445 or mail this completed form to the address below.

***\*\*CANCELLATIONS must be made within 72 business hours in order to receive a refund\*\****

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| **Course Type**  | **Motivational Interviewing Basics Step 1** |
| Training Date(s) | **9.28, 9.29, 9.30 & 10.1.2021**  |
| Course Fee: | **$100.00** |
| Name |       |
| Phone Number |       |
| Email Address |       |
| Occupation/Employer Name  |       |
| Employer Address |       |
| Social Work CEs Requested:  | [ ]  Yes | [ ]  No |
| Brief description of why you’re enrolling in the course: Click or tap here to enter text. |



*Saginaw County Community Mental Health Authority, provider # 1135, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Saginaw County Community Mental Health Authority maintains responsibility for this course. ACE provider approval period: June 14, 2019 – June 14, 2022. Social workers completing this course receive thirteen (13) continuing education credits.*

Complaints regarding this course or course accommodations should be addressed in writing within 14 days to the Continuing Education Unit at: Alecia Schabel, SCCMHA, 500 Hancock, Saginaw, MI 48602

