

Committed To Providing High Quality Services To Support Recovery



MOTIVATIONAL INTERVIEWING TRAINING

MOTIVATIONAL INTERVIEWING

When behavior change is difficult we need to deliberately communicate, connect and collaborate in effective ways. Our team of highly experienced trainers offers participants an evidence-based, practical approach to conversations about next steps, as well as specific clinical skills that create effective interventions.

Focused on identifying and cultivating personal motivation, MI conversations are fertile ground where solutions arise and positive health outcomes become more likely. They also reduce provider burnout because, even with challenging clients, there is no frustration. MI teaches you to calmly meet the client where they are in order to help them make changes more easily.

Our highly interactive courses incorporate practical individual and group exercises, brief lectures and engaging activities on our online learning platform.

Our Training Team

CODAC's leadership has made a long-term commitment to providing all our services with an evidence-based MI approach and supports comprehensive, ongoing MI training and mentoring for every staff member at all levels of the agency.

Our director is a member of the Motivational Interviewing Network of Trainers and has developed MI curricula to serve over 14,000 healthcare professionals. Our trainers are a diverse group of credentialed clinicians with experience in a wide range of healthcare environments. Their knowledge of the numerous, real-world challenges faced in healthcare make CODAC training especially practical, relatable and relevant to participants.



TRAINING OPPORTUNITIES

Motivational Interviewing I: Foundations, First Steps and Feeling Confident

When change is difficult we need to deliberately communicate, connect and collaborate in effective ways. MI offers an evidence-based, grounded approach to conversations about next steps, as well as a specific clinical skill set that create effective interventions. Focused on identifying and cultivating personal motivation, MI conversations are fertile ground where solutions arise and positive outcomes become more likely.

This highly interactive course covers the fundamentals of MI theory and, then, concentrates on the boots-on-the-ground skills that will make an immediate difference in your work. This is the appropriate class for beginners and for practitioners at any level who want to reexamine their skills and use them in a more confident and nuanced way.

(3 Hours - 3 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

Motivational Interviewing II: Rapid Engagement for Effective, Collaborative Change

Encouraging behavior change can be one of the most challenging and frustrating aspects of working with people in your environment. Motivational Interviewing (MI) offers the opportunity to communicate clearly, cultivate the desire for change and create personalized treatment plans that lead to results.

This course will teach specific MI clinical skills, but is more than a toolkit. You will learn a grounded approach that, by focusing on Change Talk, stimulates rapid engagement, builds strong therapeutic relationships and promotes a sense of true collaboration. You will go home knowing how to free stuck people to imagine a new way of doing things, identify their next steps and effectively work toward beneficial outcomes.

The prerequisites for attending Motivational Interviewing II is the completion of Motivational Interviewing I.

(3 Hours - 3 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

Motivational Interviewing: From Foundations Toward Fluency

Because our program focuses on developing practical, real-world skills, we recommend that Motivational Interviewing I and II be offered together with a minimum gap of two weeks between the modules, allowing participants to practice in their work environment and bring real-world questions and observations back for class discussion.

Please contact Beth Bennett for more information

Topics in Motivational Interviewing

Forty years after its creation, MI is more relevant than ever in the clinician toolkit. Recognized for both its stand-alone impact and its seamless integration into other treatment modalities, like Solution-focused Therapy, CBT, ACT, etc., MI is always evolving.

Through interactive exercises, demonstrations and discussions we'll explore topics in MI that add to your impact with clients and improve outcomes in your specific context and environment, including:

- Exploring participant-generated case studies
- Learning how to emphasize client autonomy and create client-generated goals

- Identifying ways to harness the power of complex affirmations and values to improve outcomes
- Practicing specific skills for cultivating Change Talk and softening Sustain Talk
- Identify ways to integrate MI with other treatment modalities: CBT, ACT, etc.

The prerequisites for attending MI Topics are completion of Motivational Interviewing I and II.

(3 Hours - 3 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

Motivational Interviewing and the Stages of Change Toolkit

We often hear the expression, “Meet people where they are”, but what does that actually mean? How can we skillfully do this without losing sight of the forward growth and change that will lead them to their best life? The Trans-theoretical Model, commonly known as the Stages of Change, describes the states humans find themselves in as they consider, make and maintain changes. MI is a flexible communication tool kit that promotes connection, collaboration and mobilizes inner and outer resources. This highly interactive, intermediate-level course integrates the two, provides practice in identifying the Stage of Change as it shifts and offers a menu of practical MI skills to work effectively within each stage.

(3 Hours - 3 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

Motivational Interviewing Skills for Working with Children and Families

How can we talk to people in ways that have impact? How can we do that in family systems when priorities, perspectives and engagement vary from person to person? We will be looking at how to harness MI spirit and skills to connect, collaborate and mobilize the inner and outer resources of individuals and families. We’ll also discuss having difficult conversations and working in an MI-consistent way within the structure of your agency’s requirements. This highly interactive course introduces MI in the context of the challenges of family work and offers a chance to add powerful MI skills to your toolkit.

(3 Hours - 3 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

Motivational Interviewing and Trauma-informed Care Integration

This course is a follow-up to MI Level I and II training. It reviews Trauma-informed Care principles, research and strategies for both working with clients. You will also discuss challenges faced in adopting a TIC culture at the organizational level. The exercises are interactive and conversational to explore real-world scenarios from the TIC perspective using MI skills. Objectives include:

- Review the TIC paradigm including a review of ACES research and downstream health effects of trauma experiences
- Clarify the scope of practice of TIC and Trauma-focused therapy
- Integrate Motivational Interviewing as a framework and toolkit for communicating in helping interventions
- Discuss the impact of post-traumatic growth in MI interventions
- Create real-world case studies from your work and practice responding in an MI-consistent manner

(3 Hours/ 3 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

The Motivational Interviewing Mindset for Supervision

MI is for useful conversations about change and growth, right? This intermediate-level class moves the focus from working with clients to developing healthy, collaborative and productive relationships with our colleagues, especially those we supervise, even when things get tough.

We are often challenged by the competing interests of the organization and the individual, with you, the supervisor, stuck in the middle. We'll look at MI Spirit and specific MI skills to find ways to deescalate tensions and create a working partnership. You will learn how to tap into the creative potential you both bring to the table to create an environment for collaboration and growth.

(3 Hours - 3 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

Motivational Interviewing Mentor Training

MI is an evidence-based intervention with a proven track record of improved outcomes based on client-generated goals. For practitioners, ongoing training and coaching has been shown to dramatically improve their ability to integrate MI skills into their work.

If you find MI useful in your work, this is an opportunity to expand your own skill set to feel competent and confident while helping others do the same. MI Mentors will:

- Learn an effective coaching model
- Harness their "clinical" MI and use it to provide peers with ongoing coaching and supervision to improve MI skills agency-wide
- Explore common pitfalls and how to coach around them
- Practice using the extensive toolkit provided in class to have fun and effective coaching conversations
- Create their own MI learning plan

The prerequisites for attending the Mentor Training are completion of Motivational Interviewing I and II and a heartfelt passion for the MI spirit.

(6 Hours - 6 NASW/RI CEUs) Please see Pricing Sheet for Additional Information

Optional Individual and Group Coaching for MI Mentors

In addition to the interactive training day, we offer monthly supervision calls with the CODAC training team or individual coding and coaching sessions for your mentor team. These interactions help mentors follow their learning plan, share experiences, address common issues as they arise, and brainstorm coaching activities. The coaching programs are customized to meet the needs of your organization. Please contact us for more information and pricing.

BOOK A TRAINING

Please allow a 6-10 week lead time for scheduling training dates. Training is offered via Zoom with an in-person, on-site option for local clients.

Participants: Minimum 3, Maximum 25

CEUS offered through the National Association of Social Workers/Rhode Island (NASWRI).

We know every organization is unique. CODAC is very willing to discuss our fees and scheduling to meet your needs.

Please feel free to contact Beth Bennett for more information.

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 **401-207-7788**

TESTIMONIALS

We receive consistently positive feedback from the people who take our courses. Here are some examples from evaluations of recent training:

"I learned a better way to respond to people. I would like it to be longer!"

"The instructors were the best feature, giving the information true substance and vigor."

"The in-depth information provided to us has given me hope and opened my eyes."

"Lively, clear, practical, FUN."

"Content is priceless – super experienced, cut-to-the-chase delivery. It was perfect, only wish there was even more."

"The trainers were very passionate about the topic. They were motivated to teach us how to help people."

"Will now feel confident discussing issues with patients. Everyone should be required to take this."

"This will make a difference not only in my professional life, but, also in my personal life."

"Terrific presentation with exercises throughout that integrated skills taught in a way that helped me understand them effectively and how they might be used to affect clients."

"Lovely, warm approach to the trainings – both engaging and inviting."

"This training will make a big difference in my work. Didn't know anything about MI before today."

"It's making me start to think about how I can incorporate MI with my most difficult clients."