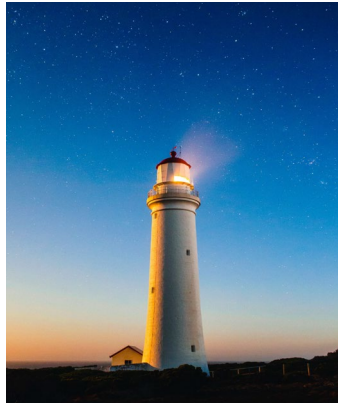


## Motivational Interviewing



### *Instructor Information:*

Matthew T. Rensi, a Licensed Professional Clinical Counselor who also holds a Ph. D. in counselor education and supervision. He earned his Masters of Arts in Counseling from Western Seminary and his Ph. D from Oregon State University. He has extensive experience providing therapy to people struggling with psychosis, homelessness, various mental health issues and the legal system. Matt provides trainings throughout the country on various aspects of mental health treatment including assessment, individual therapy, and safety/crisis intervention. Lastly he has conducted research on the Diagnostic and Statistical Manual of Mental Disorders using linguistic analysis.

**Instructor:** Matthew T. Rensi, Ph.D., LPCC

### *Course Description:*

In this course, participants will learn about the Motivational Interviewing approach to helping people change and see the crucial importance of matching interventions to individuals' stages of change in order to improve the likelihood of success. In addition to examining the principles of MI, learners will learn and practice specific skills and techniques that will support the primary goals of MI, which include establishing rapport, eliciting change talk, and establishing commitment language.

**Date:** May 21, 2024 & May 22, 2024

**\*\*Must attend both dates for credit\*\***

**Time:** 8:30am-12:00pm

**Location:** 2085 Rustin Ave. Riverside

RUHS-BH Staff - Please register for this course via COR at <https://corlearning.sumtotal.host>  
All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet)

Free to all registered participants

**Continuing Education Credits:** This course is approved for 6 continuing education units/credits/hours.

## Motivational Interviewing

**Day 1: May 21, 2024 8:30am-12:00pm**

**&**

**Day 2: May 22, 2024 8:30am-12:00pm**

**\*\*Must attend both dates for credit\*\***

**Course Description:** In this course, participants will learn about the Motivational Interviewing approach to helping people change and see the crucial importance of matching interventions to individuals' stages of change in order to improve the likelihood of success. In addition to examining the principles of MI, learners will learn and practice specific skills and techniques that will support the primary goals of MI, which include establishing rapport, eliciting change talk, and establishing commitment language.

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**Audience:** RUHS-BH Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, and LEPs, associate-level and support staff providing client care in the public behavioral health system

**Seat #:** 40

### **Location: 2085 Rustin Ave. Riverside**

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

### **Educational Goals:**

1. Participants will learn additional terminology and practice deeper clinical skills to deepen the MI experience
2. Participants will learn how to understand and use a treatment fidelity tool used to determine adherence to MI model.
3. Participants will learn how to use fidelity tool to give feedback to self or others on ways to improve clinical skills in motivational interviewing.

### **Learning Objectives:**

1. List 4 phases of MI
2. Be able to help client's understand their own motivations for change
3. Be able to differentiate between intrinsic and extrinsic motivation
4. Know and apply stages of change

5. Be able to know what OARS stands for and be able to apply them in practice
6. Be able to list and identify the 7 different types of change talk
7. Be able to define ambivalence
8. List at least two errors clinicians should avoid in MI

**Course outline:**

<b>DAY 1</b>	
<b>Time</b>	<b>Topic/Content</b>
8:30am-9:30am	<b>Overview of MI:</b> <ul style="list-style-type: none"> <li>• Development of MI</li> <li>• Basic tenets of MI</li> </ul> Spirit of MI
9:30am-9:45am	Break
9:45am-10:45am	<b>Stage of Change:</b> <ul style="list-style-type: none"> <li>• Stages of change model</li> <li>• Identifying and talking about stages of change</li> </ul>
10:45am-11:00am	Break
11:00am-12:00pm	<b>Change Talk:</b> <ul style="list-style-type: none"> <li>• Talking through DARN CAT</li> <li>• Being able to identify different types of change talk</li> </ul> <b>Homework</b>
<b>DAY 2</b>	
<b>Time:</b>	<b>Topic/Content</b>
8:30am-9:30am	<b>Change talk identification:</b> <ul style="list-style-type: none"> <li>• Review of change talk</li> </ul> Identification of change talk
9:30am-9:45am	Break
9:45am-10:45am	<b>OARS:</b> <ul style="list-style-type: none"> <li>• Identify what OARS are</li> <li>• Be able to implement basics of OARS</li> </ul>
10:45am-11:00am	Break
11:00am-12:00pm	<b>OARS Role Play:</b> <ul style="list-style-type: none"> <li>• Breakout groups practicing OARS</li> <li>• Each person will be a therapist, client and observer</li> </ul>

**CEs will be provided by Community Solutions. This course is approved for 6 hours of continuing education units for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California B.B.S. under CEPA Provider #129412, and LAADC by CCAPP-EI CADAAC Provider # 7213401225.**

**Requesting Continuing Education:** Participants interested in receiving continuing education credit will be provided an electronic course evaluations by the trainer once the training concludes.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit,

participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff should register for this course via COR Learning Management System (<https://corlearning.sumtotal.host>) The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet).

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact Workforce Education and Training at 951-955-7270 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008)