

Understanding Motivational Interviewing: MI 101

With Sarah Solis, LCSW

A FREE training presented by Alameda County Behavioral Health and A Better Way

Course Objectives

- 1.) Participants will be able to create a plan to incorporate multiple motivational interviewing skills with their current and future clients.
- 2.) Participants will be able to identify 2 differences between sustain talk, discord, and change talk.
- 3.) Participants will be able to synthesize the spirit of Motivational Interviewing.
- 4.) Participants will identify 2 OARS skills to be used in the next 30 days with clients.

This 6-hour course provides attendees with a foundational understanding of Motivational Interviewing. Attendees will learn to assess client/family motivation around change and examine how to use Motivational interviewing open-ended questions, affirmations, reflections, and summaries (OARS) to further enhance or consolidate this momentum. Attendees will leave with the ability to differentiate between sustain talk, discord, and change talk, resulting in increased treatment planning efficacy. The day will culminate with practice creating change plans.

**Please note: There will be a 30-minute lunch.*

Audience: Alameda County Behavioral Health (ACBH) clinical staff and contracted CBO providers are welcome. Capacity is limited. Open until filled.

Director of Seeds of Change Consulting, Sarah Solis LCSW, has 12 years of experience providing care to clients impacted by trauma. She is currently employed as a Clinical Case Manager at the Department of Veterans Affairs. Sarah has worked in corrections, community mental health outpatient and day treatment programs, medical social work, and community-based services for children and families. Sarah has experience providing direct service, clinical supervision, and worked as a program manager for many years. Sarah believes treatment is a gift to the healer as well as the healing. Each individual or family brings an incredible life story and personal wisdom. Throughout the treatment process, Sarah ensures that an individual or family's voice is heard and respected. The majority of her experience has been working with underserved and marginalized populations. Cultural humility and responsiveness is an important element in her work. She participates in monthly cultural humility work groups and has co-authored a training on cultural assessment and treatment planning.



Monday, January 23rd, 2023

9:15am-4:15pm | Registration at 9:00am

Online Course | Zoom link sent 2 days before course

6 CE's available for Masters and Doctorate level professionals

TO REGISTER

Click below to sign up & register:

<https://training.abetterwayinc.net/courses/3543>

Private code: **ej44pe**

A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP (62361), and the California Psychological Association (CPA) to sponsor Continuing Education for PhD, PsyD (ABE010). The California Board of Behavioral Sciences (BBS) recognizes CAMFT and CPA Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content. Attendees must attend entire course for CE credit.

For accommodations or Grievances, contact: Trainings@abetterwayinc.net | (510) 913-1326