

Motivational Interviewing for Tobacco Recovery

Tuesday, April 8, 2025, 10:00 am – 12:00 pm PT

Trainers: Dr. Tara Leiker, Program Manager, Tobacco Treatment Training Program; Linnea Ubaldo, Program Coordinator

Description: In this 2-hour training, participants will learn what motivational interviewing is and how to use the techniques to help those who are suffering from Tobacco Use Disorder to consider recovering and/or to create a Recovery Action Plan (RAP). The training will focus on the stages of change and how to work through ambivalence to facilitate change. We will focus on practicing listening skills, creating reflections and engaging in a Motivational Interviewing conversation. Participants will learn how to find internal and external motivators to help the client be successful in following through with a RAP.

Who Should Attend: This training is designed for administrative and/or clinical staff of Alameda County Public Health Department-contracted provider organizations and Alameda County Behavioral Health-contracted substance use treatment and mental health programs. However, all are welcome.

Measurable Learning Objectives

- List and describe the six (6) stages of change.
- Describe three (3) ways to help motivate high-risk and dependent clients to develop a RAP.
- Describe at least one (1) way to help a client work through ambivalence and move towards change.
- Create two (2) statements that reflect change talk.
- Share two (2) ways to find internal and external motivators in a client's life.

Registration required, Zoom link sent upon registration • **Register online**

Questions? Contact us at tobaccotreatment@lifelongmedical.org

This training is sponsored by Alameda County Behavioral Health in contract with LifeLong Medical Care's Tobacco Treatment Training Program, located EBCRP. CE credit is provided by LifeLong Medical Care.

If you have any questions or need to request accommodations for disabilities, please contact tobaccotreatment@lifelongmedical.org.

For grievance information, including filing a grievance or to receive a copy of the grievance policy, please contact tobaccotreatment@lifelongmedical.org.

Course Completion certificates will be awarded by email for those that submit a post-test/ evaluation form and are provided within one week of receipt of the form.

Course meets the qualifications for **2.0 hours of continuing education credit** for **LMFT's, LCSW's, LPCC's, LEP's, and SUD Counseling Staff** as required by the California Board of Behavioral Sciences and by the California Consortium of Addiction Programs and Professionals (CCAPP).

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