

Presented by Seneca in partnership with Alameda County Behavioral Health

## Motivational Interviewing Applying the Evidenced Based Practice in Clinical Settings – 4.5 CAMFT/BRN CE Credits

### WHEN:

Date: JUN 1<sup>st</sup>. 2026  
Time: 9:00 AM - 2:00 PM

### FOR REGISTRATION:

[CLICK HERE!](#)

### INTENDED FOR:

Alameda County Behavioral Health and contracted provided staff.

### About the Course:

Motivational Interviewing (MI) is an Evidence-Based Practice (EBP) designed to enhance intrinsic motivation for change through a collaborative, client-centered approach. This course will explore MI's theoretical foundation in self-determination theory and its practical applications in therapy, case management, healthcare, substance use treatment, and housing services. Participants will learn to assess a client's stage of change, recognize change talk, and apply MI techniques to facilitate client-informed decision-making. Research has demonstrated that MI strengthens the therapeutic alliance and improves youth outcomes by fostering autonomy and engagement (Moyers, 2019). Given its adaptability, MI has been widely adopted across California counties for diverse youth populations, including individuals facing behavioral health challenges, substance use disorders, and chronic illness. It can be used in multiple clinical settings with different ages, ethnicities and backgrounds. By the end of the course, participants will be able to apply MI strategies to support clients in making meaningful and sustainable life changes.

**4.5 hours instructional time – 0.5 hours breaks**

### About the Presenter:

Megan Thomas is a licensed Marriage and Family Therapist who has worked at Seneca for eight and a half years. She graduated with a Master's in Counseling Psychology with an emphasis in Forensics. Currently, Megan serves as the Clinical Supervisor for the Differential Response Program for Santa Clara County and has also supported various programs, including Therapeutic Behavioral Services, Wraparound, Seven Challenges, and School-Based Wraparound. She has extensive experience working with youth and families, identifying and addressing risk behaviors and support needs. Her skills include Crisis Management, Safety Planning, and conducting assessments and risk screenings. For the past two years, Megan has been a Motivational Interviewing Trainer, using this model to coach and guide supervised staff. In this training, clinicians learn the theory and principles of Motivational Interviewing, including techniques such as the decisional balance chart, OARS method, and the elicit-provide-elicite approach.

### Educational Goals:

- After the training, participants will be able use their increased level of awareness to support clients in working through ambivalence.
- Participants will be able to utilize their enhanced techniques in future clinical work supporting clients with identifying obstacles and goals they would like to work on.

### Measurable Learning Objectives:

- Participants will be able to name two general concepts of Motivational Interviewing as it relates to supporting the client find their own motivation for change.
- Describe 2 ways to apply Motivational Interviewing to their work with youth and families.
- When working with system-involved youth and families, training participants will be able to mitigate the chances of using the "righting reflex" that includes verbal and non-verbal.
- Describe 1-2 situations in which the righting reflex was not effective in their work.

### Continuing Education Credits

**\*\*Registrants are responsible for reading the following information\*\***

This training meets the qualifications for 4.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Seneca Family of Agencies is approved by the **California Association of Marriage and Family Therapists** to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. Provided by Seneca Family of Agencies, Provider #135057.

Seneca Family of Agencies is a provider approved by the **California Board of Registered Nursing**, Provider #15222. This training meets the qualifications for 4.5 hours of continuing education credit for Registered Nurses as required by the California Board of Registered Nursing. BRN approval extends only to continuing education courses and does not include tour arrangements.

**CERTIFICATES** To be eligible to receive a CEU certificate, trainees must meet the following criteria: 1) have full course attendance, missing no more than 15 total minutes of instructional time, 2) complete a post-course evaluation that includes their name (the same name they used to register). CEU certificates are not sent automatically.

If eligible, please request your CEU certificate using the [Certificate Request Form](#).

To Register: <http://www.senecacenter.org/registerforclasses>

Registration assistance: [training@senecacenter.org](mailto:training@senecacenter.org), (510) 654-4004

If you must cancel enrollment, please do so at least 72 hours in advance of the training.

To request accommodation or file a grievance about a Seneca-sponsored training, contact Seneca Institute for Advanced Practice: [training@senecacenter.org](mailto:training@senecacenter.org), (510) 654-4004.

The Seneca Family of Agencies Training Department is committed to providing accessible, inclusive, and participatory trainings. Our current standard accessibility accommodations include offering live and online asynchronous trainings with captions. To discuss reasonable accommodations, including interpretation services, please reach out with as much notice as possible and at least 5 business days prior to the training date, as accommodation timelines vary. We will do our best to meet your needs.

For all inquiries: [training@senecacenter.org](mailto:training@senecacenter.org), (510) 654-4004.