



## **Implementing Evidenced Based Practices: Motivational Interviewing with Mental Health, Substance Abuse & Dual Diagnosis Clients**

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### **Course Description**

This class provides an emphasis on developing a detailed understanding and a foundation of skills of Motivational Interviewing (MI) when working with substance abuse and dual diagnosis clients. Motivational Interviewing (MI) is an empirically validated approach for working with mental health, addictions, and dual diagnosis clients. It is designed to assist clients who are ambivalent and/or resistive to change. This approach was developed by Bill Miller, Ph.D. and Stephen Rollnick, Ph.D. at the University of New Mexico. MI integrates stages of change into the therapeutic process. MI is a therapeutic approach that is compatible with most therapeutic modalities such as CBT, Client Centered and Strength based approaches. This course will explore the theoretical basis for this approach, practice of specific MI interventions and how to work with difficult and/or highly resistant clients with mental health, addictions, and dual diagnoses difficulties. This approach is designed to help individuals work through his/her resistance and ambivalence to change. This course will have a strong experiential component that will directly apply to clinical work.

### **Course objectives:**

1. Explore treatment issues with adolescents and adults with mental health, substance abuse and dual diagnoses. These clients are often resistant and perhaps hostile in the early stages of treatment.
2. The engagement process will be explored and recommendations will be made about how to reach optimal treatment engagement when working with mental health, substance abuse and dual diagnosed clients.
3. To develop knowledge and skills about how to identify and deal with mental health, addictions and dual diagnosed clients who display resistance and/or ambivalence about changing.
4. To gain an understanding of the principles of Motivational Interviewing and Stages of Change when working with mental health, substance abuse and dual diagnosed clients.
5. To be able identify clients' stages of change and respond therapeutically to enhance the change process when working with mental health, substance abuse and dual diagnosed clients.
6. To learn and practice the specific techniques of MI. This will include early interventions, listening reflectively, rolling with resistance, decisional balances, increasing change talk and achieve commitment to change when working with mental health, substance abuse and dual diagnosed clients.
7. To be able to identify and avoid "traps" of getting into power struggles about the necessity of change when working with mental health, substance abuse, and dual diagnosed clients.

## Course Schedule for Day 1

### Module I (8:30-10:00)

### Introduction to Motivational Interviewing

- Lecture: Initial Engagement
- Small Group Activity: “Sustaining & Increasing Engagement, Retention & Successful Completion”

### Module II (10:15-11:30)

### Reflective Listening

- Lecture: Reflective Listening
- Small Group Activity: “Effectively Listening Reflectively”

### Module III (12:30-2:00)

### Stages of Change

- Lecture: Stage of Change
- Small Group Activity: “Identifying Client’s Stage of Change & Applying Therapeutic Interventions”

### Module IV(2:15-4:15)

### MI Techniques

- Lecture: MI Techniques
- MI Training Video #1
- Practice Techniques in Triads

## Course Schedule for Day 2

### Module V(9:00-10:30)

### MI Techniques

- Review MI Techniques
- Practice Techniques in Triads
- MI Training Video #2

### Module VI (10:55-11:45)

### Eliciting Change Talk

- Lecture: Eliciting Change Talk
- Practice: Completing Decisional Balance

### Module VII (1:00-2:15)

### Commitment to Change

- Lecture: Commitment to Change
- Practice: Completing Change Plan Worksheet

### Module VIII(2:30-5:00)

### Pop Quiz

- Define:
- Philosophical Foundations
  - MI Techniques
  - Rolling with Resistance
  - Change Talk