

Motivational Interviewing Informational Webinar

Center for Evidence to Practice

Wednesday, March 19, 2025

12PM-1PM CDT

LSU Health
NEW ORLEANS

School of Public Health

The logo features a stylized cross made of four colored squares (blue, green, yellow, and red) arranged in a larger square pattern. To the right of this icon, the words "LOUISIANA" and "DEPARTMENT OF HEALTH" are written in a blue, sans-serif font, with "LOUISIANA" on the top line and "DEPARTMENT OF HEALTH" on the bottom line.

LOUISIANA
DEPARTMENT OF HEALTH

Overview

- The Why
- Meet Dr. Wood
- What is Motivational Interviewing?
- Training Topics and Approach
- Participation in this Initiative
- Training Dates & Registration Process
- Questions & Answers

Why is motivational interviewing important?

“Even when following a structured treatment manual, some therapists are simply more effective than others, and it has very little to do with years of experience” (Miller & Rollnick, 2023, p. 4).

Effective therapists imbue these principles and skills that are at the foundation of MI (Miller & Moyers, 2021):

1. **Accurate empathy**
2. **Hope**
3. **Positive regard**
4. **Acceptance**
5. **Evocation**
6. **Shared goals**
7. **Offering information and advice***
8. **Genuineness**

Meet Dr. Wood



- *Dr. Angie Wood has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2016.*
- *One of three members of the MINT located in Louisiana*
- *The most experienced MINT member in Louisiana (nearly 20 years of training)*

What is Motivational Interviewing?

“MI is a particular way of talking with people about change and growth to strengthen their own motivation and commitment. Its component skills such as empathic listening are not personality traits or inborn talents. They are practices you can learn and develop over time.”

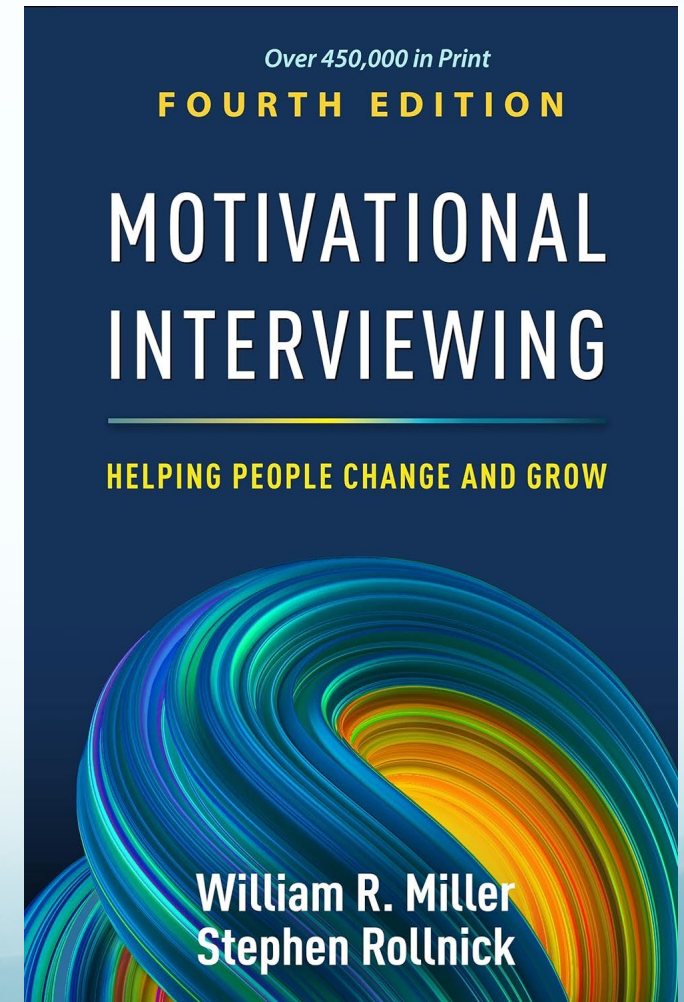
(Miller & Rollnick, 2023, p. 3)



What is Motivational Interviewing?



- Starts where the client is.
- Uses the spirit (PACE) and core counseling skills (OARS) to guide the person toward a particular change paying attention to client language.
- Best when used in conjunction with other evidence-based practices because of its application across client populations and target issues
- Targets ambivalence about making personal change(s)



Where is Motivational Interviewing Used?

- Addictions
- Medical/health care
- Social work/Social Services such as child welfare
- Counseling
- Coaching
- Mental Health
- Nutrition
- Dentistry
- Education
- Public health
- Corrections
- Rehabilitation
- Sports

Who is Motivational Interviewing Appropriate for?

Adults and adolescents who are ambivalent about behavior change.

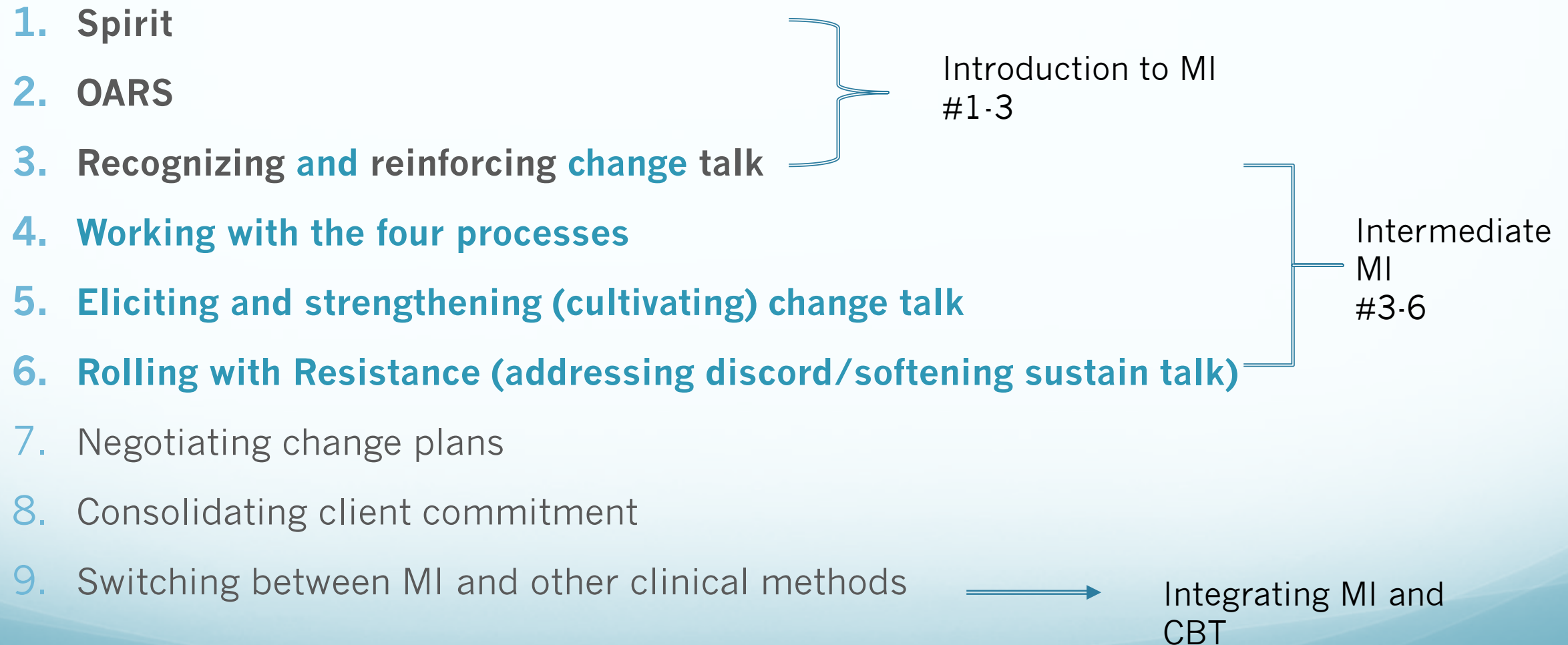


Why Integrate MI into Your Practice?

- Change is a process that emerges over time, often through personal interactions.
- Ambivalence is normal!
- The client decides whether change is going to happen
- It is important to understand the client's own experience and perspective
- The client (not you!) should be voicing the reasons for change
- It matters what you choose to ask, affirm, reflect, and summarize with the client
- Pushing back against what feels like resistance usually strengthens commitment to the status quo ("not changing")
- Fostering hope and optimism regarding the person's ability to change is important to better outcomes

(Miller & Rollnick, 2023)

Nine Stages of Learning MI

1. Spirit
 2. OARS
 3. Recognizing and reinforcing change talk
 4. Working with the four processes
 5. Eliciting and strengthening (cultivating) change talk
 6. Rolling with Resistance (addressing discord/softening sustain talk)
 7. Negotiating change plans
 8. Consolidating client commitment
 9. Switching between MI and other clinical methods
- Introduction to MI
#1-3
- Intermediate
MI
#3-6
- Integrating MI and
CBT
- 
- ```
graph LR; S1[1. Spirit] --- G1[]; S2[2. OARS] --- G1; S3[3. Recognizing and reinforcing change talk] --- G1; S4[4. Working with the four processes] --- G2[]; S5[5. Eliciting and strengthening (cultivating) change talk] --- G2; S6[6. Rolling with Resistance (addressing discord/softening sustain talk)] --- G2; S7[7. Negotiating change plans] --- G3[]; S8[8. Consolidating client commitment] --- G3; S9[9. Switching between MI and other clinical methods] --- G3; G1 --- I1[Introduction to MI #1-3]; G2 --- I2[Intermediate MI #3-6]; G3 --- I3[Integrating MI and CBT];
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# How is Motivational Interviewing Training Structured?



Introduction & Intermediate MI Series #1\*– **Two (2) Full Days** conducted via Zoom:

- **Friday, April 25, 2025 from 9:00am-4:30pm AND**
- **Friday, May 2, 2025 from 9:00am-4:30pm**

Introduction & Intermediate MI Series #2\*– **Two (2) Full Days** conducted via Zoom:

- **Wednesday, May 28, 2025 from 9:00am-4:30pm AND**
- **Wednesday, June 4, 2025 from 9:00am-4:30pm**

Intermediate MI ONLY– **One (1) Full Day** conducted via Zoom:

- **Friday, June 6, 2025 from 9:00am-4:30pm**

Integrating MI into CBT\*– **Two (2) Repeated Half-day opportunities** conducted via Zoom:

- **1. Tuesday, June 10, 2025 from 9:00am-12:15pm OR**
- **2. Friday, June 20, 2025 from 9:00am-12:15pm**

**\*Please Note:** There are **REPEAT OPPORTUNITIES**; you do not need to register for both of these trainings as they will be sharing the *same information*.

# Participant Eligibility for MI Training:

Training Acceptance Criteria for Qualified behavioral health agencies/providers:



- Who serve Medicaid-insured individuals and/or provide clinical therapy services to children and their caregivers in Louisiana free of charge
- **Licensed** (*or actively working towards licensure*)
- **Actively (currently) treating children and their caregivers**
- **Preference for organizations that have multiple practitioners registering to be trained**

# Motivational Interviewing Training Dates:



| <u>Training</u>                                                          | <u>Dates</u>                                                                             |
|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Motivational Interviewing Informational Webinar                          | Tuesday, March 19, 2025 from 12pm-1pm                                                    |
| <u>Introductory and Intermediate Motivational Interviewing Series #1</u> | Friday, April 25, 2025 from 9:00am-4:30pm<br>Friday, May 2, 2025 from 9:00am-4:30pm      |
| <u>Introductory and Intermediate Motivational Interviewing Series #2</u> | Wednesday, May 28, 2025 from 9:00am-4:30pm<br>Wednesday, June 4, 2025 from 9:00am-4:30pm |
| <u>Intermediate Motivational Interviewing ONLY</u>                       | Friday, June 6, 2025, from 9:00am-4:30pm                                                 |
| <u>Motivational Interviewing &amp; Cognitive Behavioral Therapy #1</u>   | Tuesday, June 10, 2025 from 9:00am-12:15pm                                               |
| <u>Motivational Interviewing &amp; Cognitive Behavioral Therapy #2</u>   | Friday, June 20, 2025 from 9:00am-12:15pm                                                |

**CEs** will be provided for **social workers and counselors** who are accepted into this training. Other licensed individuals can apply through their licensing boards.



# Zoom Registration Review Process:

- Upon receiving the Zoom Registration, E2P staff will review your responses to verify that they meet the eligibility requirements previously shared.
- Following that initial review, the E2P staff will communicate with the registrant on their training status.
- All applicants will be notified of their registration status on a **ROLLING BASIS** before the scheduled training day.
- Please remember, if accepted, you must follow the [Center Training Expectations & Guidelines.](#)



# How Do I Achieve Motivational Interviewing Certification?

- *Unfortunately, there is no official credentialing in motivational interviewing by the only MI recognized organization, the MINT.*
- *There are competence standards that can be evaluated by a variety of observational tools. The MITI (Motivational Interviewing Treatment Integrity) coding tool is one of the most widely accepted tools.*

# Where can I learn more about Motivational Interviewing?

*Visit the International Website for Motivational Interviewing:*

- <https://motivationalinterviewing.org/>



# Contact Information regarding the Motivational Interviewing Application:

- *Center for Evidence to Practice*
- Email: [EvidenceToPractice@lsuhsc.edu](mailto:EvidenceToPractice@lsuhsc.edu)
- Phone: (504) 568-5731

# What Questions Do You Have?

