

TRAINING INFORMATIONAL

For

Motivational Interviewing Training Series

A Training Opportunity for Louisiana Medicaid Behavioral Health
Practitioners

Issued by

LSUHSC Center for Evidence to Practice



Informational Webinar Date: Wednesday, March 19, 2025

All applicants will be notified of their registration status on a **ROLLING BASIS** prior to the scheduled training day.

Please direct questions to the Center for Evidence to Practice at
EvidencetoPractice@lsuhsc.edu

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1. TRAINING OVERVIEW

A. INTRODUCTION

The Center for Evidence to Practice (Center for E2P) has written this Training Informational to inform behavioral health practitioners in Louisiana who are equipped to successfully participate in **Motivational Interviewing** Training.

Due to the identified need for Medicaid behavioral health services specific to children and their caregivers, the Motivational Interviewing training has been selected by the Office of Behavioral Health (OBH) as a research-informed initiative that will be expanded statewide.

The Center for E2P and Consultant, Dr. Angie Woods, looks forward to compiling a strong cohort of trainees. The trainer and E2P staff will be reviewing applications based on the **Application and Selection Process (Section 3)**.

The **goal** of this RFA is to learn about this training opportunity to see if it is the right fit for you and your Medicaid behavioral health agency/organization.

B. INFORMATION ABOUT THE LOUISIANA CENTER FOR EVIDENCE TO PRACTICE

The Center for E2P is a partnership between the Louisiana Department of Health – Office of Behavioral Health and the Louisiana Health Sciences Center – School of Public Health, which is tasked with improving access to evidence-based behavioral health practices for Louisianan children and families insured by Medicaid. Our mission is to support the state and its agencies, organizations, communities, and providers in selecting and implementing evidence-based interventions to promote youth and family well-being, improve behavioral health outcomes, and address challenges related to sustaining quality practice. For more information on E2P please visit our [website](#) and [subscribe](#) to our newsletter for updates.

C. CONTINUING EDUCATION CREDITS

The Center is a social work pre-approval organization through the Louisiana State Board of Social Work Examiners (LABSWE). Additionally, the National Board for Certified Counselors (NBCC) approved the Center to become an NBCC Approved Continuing Education Provider (ACEP). Pending completion of training, complying with training guidelines, meeting the required amount of training minutes, and completing the end-of-training evaluation, participants should receive a CE certificate for their participation in this training opportunity. For those whose credentials are outside of the LABSWE and NBCC; upon receiving the CE certificate, the Center encourages participants to submit the certificate to their licensing board for approval.

D. TRAINING GUIDELINES & EXPECTATIONS

Dedication and commitment to this training is of the utmost importance to participating in this training opportunity. *These trainings are typically very costly and would be a significant financial investment for practitioners if they were to participate on their own, however, if an agency/practitioner team is chosen for this opportunity, it is provided at no cost to them.* With that in mind, **for each entity that is chosen for this training opportunity, we emphasize the necessity of completing all the training components and adhering to the [Training Guidelines & Expectations](#) as intended.** Should an entity drop out of this opportunity, it can impact its selection in a future training opportunity offered through E2P.

All chosen applicants are required to commit to participating in the training in its entirety. ***As this is a free, state-funded training, all participants must demonstrate their commitment to participate in the one (1) training day and to actively use the training approach with clients.***

E. TRAINING COSTS

There will be no cost to agencies for the course itself; however, agencies must financially commit to the time and effort required to complete the training and the delivery of the EBP. Agencies and clinicians must set aside the allotted training time to fully participate in this training opportunity, including any expectations outside of training (e.g. reading training manuals and related materials, completing web-based training, changing operations to accommodate delivery of the EBP). That means that agencies and clinicians must set aside the allotted each of the required training days and times to fully participate in this training opportunity. For in-person training, the provider is responsible for covering the cost of travel and travel time. Training manuals will be provided by the Center for E2P.

2. SCOPE OF WORK

A. MEET THE MI TRAINER

Dr. Angela “Angie” Wood earned her MSW from Southern Illinois University in 1992, and a Ph.D. in social work from Tulane University in 2006. She has been a licensed clinical social worker for over 25 years, working in a variety of behavioral health settings such as addictions, mental health, criminal/juvenile justice, and family preservation. As a workshop trainer and educator for nearly 20 years, Dr. Wood has presented on clinical supervision, motivational interviewing, and substance abuse. Her research interests include the dissemination and implementation of motivational interviewing across practice settings. Dr. Wood is an assistant professor in social work at Southeastern Louisiana University. She is one of three members of the international Motivational Interviewing Network of Trainers residing in Louisiana and has presented over 100 workshops related to motivational interviewing.

B. WHAT IS MOTIVATIONAL INTERVIEWING (MI)

“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)

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

C. MOTIVATIONAL INTERVIEWING TRAINING OVERVIEW & OBJECTIVES

1. INTRODUCTION TO MOTIVATIONAL INTERVIEWING:

Motivational Interviewing (MI) is an evidence-based practice used to build motivation for change and reduce resistance when engaging individuals in the change process. While MI has commonly been applied in the field of addictions, current research supports the application of MI in many areas where behavior change is addressed such as health, mental health, adult and juvenile justice settings, and academic settings. This workshop, designed for behavioral health practitioners, will describe the approach (the spirit and principles of MI) as well as provide participants the opportunity to practice applying the core skills of open-ended questions, affirmations and reflections in order to engage individuals in the change process.

Learning Objectives:

1. Describe the philosophy and spirit of motivational interviewing.
2. Recognize the multifaceted concept of motivation.
3. Evaluate the impact of the “fix it reflex” on client growth and autonomy.
4. Demonstrate the application of core skills to enact the spirit of motivational interviewing.

2. INTERMEDIATE SKILLS: MOTIVATIONAL INTERVIEWING:

The workshop is intended for individuals who have some exposure to Motivational Interviewing and its concepts and clinical application. This session will briefly review the core concepts and skills. The session will then focus on the task of evocation by demonstrating and practicing strategies to elicit and respond to change talk. For the client who is reluctant to change, specific strategies will address sustained talk, discord, and building discrepancy. Participants are encouraged to engage in self-evaluation and bring case examples as desired.

Learning Objectives:

1. Recognize change talk and sustain talk
2. Use strategies to elicit and respond to change talk
3. Demonstrate improved proficiency in use of counseling strategies to reduce sustained talk
4. Identify strategies to develop discrepancy and build ambivalence in clients who are pre-contemplative.

3. MOTIVATIONAL INTERVIEWING AND COGNITIVE BEHAVIORAL THERAPY: TIPS FOR INTEGRATING MI INTO PRACTICE:

Although motivational interviewing (MI) has been demonstrated as a stand-alone approach for helping clients initiate change, research indicates that combining MI with other evidence-based interventions (like cognitive behavioral therapy [CBT]) may result in improved client outcomes. This presentation will explore the rationale (and limitations) for integrating MI into the practice of CBT. Additionally, examples of how the four processes of MI and associated skills/strategies are integrated into the treatment approach will be discussed. Familiarity with both MI and CBT is suggested.

Learning Objectives:

1. Explain how the goals and purpose of MI and CBT work complementary.
2. Implement MI strategies in conjunction with CBT activities to improve clinical practice.
3. Describe key components of an MI-CBT integrated session.

D. TIMELINE OF MOTIVATIONAL INTERVIEWING TRAINING SERIES

***Please Note:** There are **two (2) opportunities** to participate in the Introduction to MI and MI Intermediate Skills. These are **REPEAT OPPORTUNITIES**; you **do not need** to register for both of these trainings as they will be sharing the **SAME INFORMATION**.

<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 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 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 & Cognitive Behavioral Therapy #1</u>	Tuesday, June 10, 2025 from 9:00am-12:15pm
<u>Motivational Interviewing & Cognitive Behavioral Therapy #2</u>	Friday, June 20, 2025 from 9:00am-12:15pm

4. APPLICATION AND SELECTION PROCESS

A. ELIGIBILITY REQUIREMENTS AND EXPECTATIONS

Selection will be based upon organization readiness for to implement motivational interviewing strategies, acceptance of Medicaid-insured families, and relevance of this training to the population served by the applicant organization. ***Preference will be given to organizations with multiple practitioners applying to be trained, in recognition of inter-agency support of implementing these research-informed practices.*** Additionally, we highly encourage participation from supervisors and administrators as their understanding and support of these practices contributes to long-term sustainability.

Training Acceptance Criteria: Qualified behavioral health agencies/providers will be those who serve Medicaid-insured individuals and/or provide clinical therapy services to children and their caregivers in Louisiana free of charge; are licensed (or actively working towards licensure); and are actively (currently) treating children and their caregivers.

As this is a free, state-funded training, all agencies must demonstrate their commitment to the training and sustaining these practices.

B. ZOOM REGISTRATION REVIEW PROCESS

Upon receiving the Zoom Registration, E2P staff will review your responses to verify that they meet the threshold requirements outlined in the **Eligibility Requirements and Expectations** section. Following that initial review, the E2P staff will communicate with the registrant on their training status.

C. ZOOM REGISTRATION INFORMATION

The **Motivational Interviewing** training is scheduled for **various days over the next few months**. The course instructor is Dr. Angie Woods for these training opportunities. Each training date will have Zoom Registration where participants can register for each opportunity. They must be completed prior to the training through the Zoom Platform.

***Please Note the REQUIRED Pre-Requisites needed for the advanced training opportunities:**

Intermediate MI ONLY: REQUIRED PRE-REQUISITE: Applicant previously attended ANY Introductory MI training. This does not need to be executed with the Center, but it is

recommended. This training is mainly for those who completed the Introductory MI Training, but were unable to attend the Intermediate MI Training.

Motivational Interviewing & Cognitive Behavioral Therapy: REQUIRED PRE-REQUISITE:

Applicant previously attended an MI and CBT training. This does not need to be executed with the Center, but it is REQUIRED to participate in this training since this is an advanced opportunity.

D. APPLICATION CHECKLIST

- ☐ Please review the **MI Training Informational** to be aware of training expectations.
- ☐ **SAVE THE DATE:** For the upcoming MI training opportunities
- ☐ Complete a **Zoom Registration** on behalf of yourself as an applicant (*See Section 4C: Zoom Registration Information*). Acceptance into the program will be evaluated on an individual basis based on the Zoom responses.

E. NOTIFICATION OF APPLICATION STATUS

All applicants will be notified of their registration status on a **ROLLING BASIS** before the scheduled training day.

F. NON-DISCRIMINATORY POLICY

The Center for Evidence to Practice appreciates diversity and does not discriminate based on race, ethnicity, age, sexual orientation, or gender identity.

*Thank you for your commitment to serving Louisiana's children and families.
We look forward to reading your application!*