

Motivational Interviewing for Peer Support Specialists



In this interactive virtual training, participants will be introduced to an overview of Motivational Interviewing (MI) in the context of peer support service and delivery concepts. Knowledge and skills of MI will be continuously addressed, offering participants an integrated experience. That aims to increase overall conceptual understanding of MI. Participants will practice applying core skills which support individuals with making their own choices regarding the interplay of recovery principles and/or a harm reduction approach to substance use. In this interactive virtual training format, participants will engage in small and large group interactions. As a result of this training, participants will be able to apply MI in their work, confidently increasing their ability to help motivate individuals toward their goals more effectively.

Learning Objectives

- Apply Motivational Interviewing (MI) in practice within peer support substance abuse services
- Identify a person's ambivalence and become mindful of our "righting" reflex through applying peer support principles
- Describe the four elements of the MI Spirit in relation to peer support principles
- Demonstrate effective listening with the use Open-Ended Questions, Affirmations, Reflections, and Summaries (OARS) to facilitate readiness for change
- Explain the purpose of the four processes of Motivational Interviewing
- Identify motivation for change by recognizing and reinforcing change talk



Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#).

Email RIHS@sdsu.edu if you have any questions.

This training is **FREE** of charge to BHS County employees and contractors.



Virtual Event

Date: June 16, 2022

Time: 9:30am – 3:30pm

This course will be conducted remotely through [Zoom](#).

A link will be sent to participants a week before training.

REGISTRATION

[Click here](#) to log into the Learning Management System (LMS) and Register.

Course Code: BH0331



Who Should Attend

This training series is designed for behavioral health professionals who provide clinical services to adults and older adults.



THE TRAINER

Melanie Gibbons, MA, LAC currently works at a substance abuse treatment center in southern New Jersey but has worked with populations including women and children survivors of domestic violence and adults with advanced illness.

[Learn more about Melanie here.](#)

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings.
<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

**COVID Message and
In-person Training Protocol**

ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

Continuing Education

This course meets the qualifications for **5** hour of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for **5** contact hour/CEH. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

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Motivational Interviewing for Peer Support Specialists

Melanie Gibbons, MA, LAC

Educational Goal:

To gain confidence to apply Motivational Interviewing in their work and help motivate individuals toward their goals more effectively.

Learning Objectives:

Upon completion of this training, participants will be able to:

- *Apply Motivational Interviewing (MI) in practice within peer support substance abuse services*
- *Identify a person's ambivalence and become mindful of our "righting" reflex through applying peer support principles*
- *Describe the four elements of the MI Spirit in relation to peer support principles*
- *Demonstrate effective listening with the use Open-Ended Questions, Affirmations, Reflections, and Summaries (OARS) to facilitate readiness for change*
- *Explain the purpose of the four processes of Motivational Interviewing*
- *Identify motivation for change by recognizing and reinforcing change talk*

Time	Activity
9:00 am – 9:30 am	Enter Zoom waiting room, video and mic check
9:30 am – 10:30am	Introductions; Agenda, Objectives; Recovery Stories
10:30 am – 12:00 pm	What is MI; Ambivalence and the Righting Reflex; The MI Spirit
12:00pm – 1:00pm	Lunch
1:00pm – 2:00pm	Reflective listening; OARS; Practice OARS
2:00pm – 3:00pm	Recognizing and Reinforcing Change Talk; Four Processes of MI
3:00 pm – 3:30 pm	Questions and Key Learnings

***Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.**