

# Motivational Interviewing 201

(This training is required for the Capable-Level of the Co-Occurring Certification Program)

**Kristin Dempsey, EdD, LMFT, LPCC** is a licensed marriage and family therapist (LMFT) and professional clinical counselor (LPCC). She has provided psychotherapy in the Bay Area for almost 25 years in public non-profits and county mental health settings, schools, and medical clinics. Her current psychotherapy practice is located in San Francisco and Burlingame.

Dr. Dempsey's areas of clinical interest include treatments for co-occurring mental health and substance use disorders, complex trauma in childhood and adolescence, eating disorders, panic/anxiety, and many behavioral challenges such as anger management and impulse control disorders. She has worked with adults, senior adults, transitional age youth, adolescents, and children in individual, family, and group modalities.

In addition to clinical work, Dr. Dempsey trains providers in a number of evidence-based and promising practices. She is a member of the Motivational Interviewing Network of Trainers and has experience teaching and training cognitive behavioral therapy (CBT), cognitive behavior therapy for psychosis (CBTp), and dialectical behavior therapy (DBT). She is a master trainer for Applied Suicide Intervention Skills (ASIST), and has been trained in the Neurosequential Model of Therapeutics (NMT) to assess trauma impacts in youth and adults. Dr. Dempsey also provides additional programmatic consultation regarding behavioral health system redesign and implementation of evidence-based practices.

Dr. Dempsey is engaged in behavioral health workforce development research and organizational change projects. She is especially interested in investigating and promoting best practices to recruit and retain underrepresented clinicians in the mental health and substance abuse treatment fields.



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## Target Audience:

County of Santa Clara's Behavioral Health Services staff and Contract Provider staff

## **COURSE DESCRIPTION:**

**Prerequisite: Completion of Motivational Interviewing Training**

Motivational Interviewing 201 training focuses on practicing the skills and applying the concepts participants learned in an introductory Motivational Interviewing training. Participants will spend most of the time in these workshops deepening their understanding of the spirit of MI and will practice multiple exercises to develop reflective listening skills, affirmations, summaries, and useful open ended questions. Participants will also practice ways to focus a conversation, give information and advice, and identify and strengthen change talk. As Motivational Interviewing 201 is a practice based workshop, participants are expected to attend all breakout exercises and have their video on during training. This training is designed for those with basic knowledge of motivational interviewing and it is expected those who attend will have some MI knowledge as the instructor will provide some review of concepts but will not reteach the beginning course. It is hoped that at the end of the training, participants will have increased confidence in their ability to apply motivational interviewing in their client sessions.

## **LEARNING OBJECTIVES:**

At the end of this workshop, attendees will be able to:

- Construct six different types of complex reflective listening responses in order to actively listen to their clients in behavioral health and education settings.
- Create at least four complex affirmations that they can use to support strength among their clients in behavioral health and education settings.
- Identify at least four examples of "spirit" of MI in conversations so they can take an effective therapeutic stance with their clients in behavioral health and education settings.
- Demonstrate ability to offer one collaboratively created menu of options for clients seeking advice and information in behavioral health and education settings.
- Rate their own ability via Likert scale to provide empathic, collaborative, and change-focused interventions when delivering motivational interviewing to clients in behavioral health and education settings.

County of Santa Clara's Behavioral Health Services Department (CSCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for the County of Santa Clara's LMFTs, LCSWs, LPCCs, and/or LEPs. CSCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for **3 hours of continuing education credit** for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency-Provider #131775. CSCBHSD is approved by California Consortium of Addiction Programs and Professionals - Educational Institute (CCAPP-EI), Provider Number 4S-95-305-0425 for 3 CEHs. Lunch and scheduled breaks during the training do not count toward continuing education credits.

- **If you have questions, need accommodations, or have a grievance, please contact [LPTraining@hhs.sccgov.org](mailto:LPTraining@hhs.sccgov.org).**
- **CE Certificates will be available to download in sccLearn 2-3 weeks after the training date.**
- **Registration and cancellation close at 9am two working days prior to training. You will be recorded as a No-Show in sccLearn if you don't attend and did not cancel the training.**

**This is a 2-day Training and attendance is required for both Sessions 1 & 2. Partial credit is not available.**

**Session 1 - May 7, 2024, 1:00pm - 4:15pm (via ZOOM) and**

**Session 2 - June 5, 2024, 1:00pm - 4:15pm (In-person at Learning Partnership - 1075 E. Santa Clara St, 2nd floor)**