

The Behavioral Health Training and Education Network (BHTEN)  
With support from The Philadelphia Department of Behavioral Health/Mental Retardation Services presents

**Issues and Resources Training Series**

**Stages of Change and Motivational Interviewing**

Presenter

**Karen Escovitz, MSS**

Ms. Escovitz, a masters degree level social worker, is the Behavioral Health Recovery Training Specialist at BHTEN. She has extensive experience providing training and technical assistance in Recovery and Recovery-Oriented Services, including Motivational Interviewing, Stages of Change, Community Integration, Illness Management and Recovery (SAMHSA Toolkit), and Evidence-Based Supported Employment.

Ms. Escovitz has no real or apparent conflicts to disclose -- No commercial support was received to fund this event

**Day/Date(s):** **Thursday, December 15<sup>th</sup> and Friday, December 16<sup>th</sup>, 2011**

**Time:** **9:00 a.m. to 4:30 p.m.**

**Cost:** **\$40.00 per person (includes materials)**

**Location:** Behavioral Health Training and Education Network (BHTEN)

520 North Delaware Avenue, 7<sup>th</sup> Floor, Suite 7C, Philadelphia, PA 19123

- BHTEN IS LOCATED IN THE RIVERVIEW PLACE BUILDING, ON THE SOUTHEAST CORNER OF DELAWARE & SPRING GARDEN: ENTRANCE ON SPRING GARDEN STREET

**Target Audience:** The course is designed for staff at all levels in behavioral health & human services agencies.

**Course Description:** This introductory two-day workshop will present Stages of Change theory, and how it applies to behavioral change in ourselves and in others. The principles, techniques and skills of Motivational Interviewing (MI), an evidence-based and client-centered approach to enhancing motivation and commitment to behavioral change will be introduced. Participants will learn the building blocks of effective MI counseling. Particular attention will be paid to strategies for helping people who are "stuck" and/or "resistant" to change.

**Learning Objectives --** *By the end of the presentation, the participant will be able to:*

- List and describe the Stages of Change
- Identify service strategies that are appropriate to each of the Stages
- Develop alternative ways to respond to "resistant" and "stuck" people
- Describe the spirit and core values of Motivational Interviewing
- Identify the hazards of advice-giving and persuasion approaches
- List and describe the core principles and practices of Motivational Interviewing
- Use at least 2 strategies for helping people explore and resolve ambivalence (Phase I)
- List and practice at least 3 different reflective listening strategies
- Understand how to respond to resistance using MI-adherent strategies
- Describe how to use Motivational Interviewing to strengthen commitment to change (Phase II)

**Credits:** 1.2 CEUs BHTEN is authorized by IACET to offer .12 CEUs (= 12 TRAINING HOURS) for this program

12.0 PCB credits awarded, pending approval by the Pennsylvania Certification Board

12.0 SW credit hours awarded. This conference is co-sponsored by Bryn Mawr College Graduate School of Social Work and Social Research for a maximum of 12.0 credit hours. Bryn Mawr College GSSWSR, as a CSWE accredited School of Social Work, is a pre-approved provider of continuing education for Social Workers in PA and many other states.

12.0 CE credit hours for Psychologists awarded. BHTEN is approved by the American Psychological Association to sponsor continuing education for psychologists. BHTEN maintains responsibility for this program & its content

12.0 CPRP CEUs—BHTEN is approved by the United States Psychiatric Rehabilitation Association (Provider #011190) to sponsor continuing education for Certified Psychiatric Rehabilitation Practitioners. BHTEN maintains responsibility for the program and its content

**Participants Must Attend the Entire Two Day Presentation to Receive Continuing Education Credits & MUST SUBMIT A COMPLETED COURSE EVALUATION**

**Special Needs:** CONTACT SHEYEL RORIE AT (215) 923-2116, EXT. 270 WITH ANY SPECIAL NEEDS -- INDICATE THEM ON THE REGISTRATION FORM

**Bad Weather?** Please call 215-923-2116, ext. 401 to check on any delays or cancellations.

**Questions?** Please call Tiffany Livingston, Clerical Assistant at 215-923-2116, ext. 293.

**Parking:**

- Public transportation to BHTEN is strongly recommended,
- Parking is not provided at the site and metered street parking is extremely limited.
- BHTEN is not able to provide or make change for the meters.
- Please plan accordingly.

**Clothing Suggestion:** Maintaining a room temperature that is comfortable for everyone is very difficult --Please wear layered clothing and/or bring a light sweater or jacket in case the room becomes too cool.

# Stages of Change and Motivational Interviewing

Thursday, December 15 and Friday, December 16, 2011

## Registration

**Pre-registration is required.**

**Fee: \$40.00/person –**

- Payment & registration form must be submitted together; registration will not be done by fax or telephone.

- **Make personal checks, agency checks or money orders payable to:**

**THE CONSUMER SATISFACTION TEAM.**

- Checks returned due to insufficient funds will result in a \$35.00 charge to the individual or agency.
- Please note that **cash cannot be accepted.**
- To receive credit toward another course pre-registered persons must notify BHTEN of any cancellation prior to the program--no refunds without 72 hours
- Please mail payment and registration form to:

The Behavioral Health Training and Education Network  
c/o Registrar  
520 North Delaware Avenue, Suite 7C  
Philadelphia, PA 19123

- Registration/Payment Deadline: **Thursday, December 8, 2011**
- Seating capacity is very limited
- Registration will be closed once seating capacity is reached.
- Registration is done on a first come, first served basis.
- Sign-in begins at 8:30 AM on the day of the training.

**Confirmation:** The identified contact person will receive confirmation for registered participants by fax prior to the training date. PLEASE BRING YOUR CONFIRMATION LETTER WITH YOU.

**To Register:** Please complete the requested information below for the contact person and each attendee. Please type the information or **PRINT** clearly.

\_\_\_\_\_  
Agency Name

\_\_\_\_\_  
**Contact Person and Position**

\_\_\_\_\_  
Agency Mailing Address

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Fax Number

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
E-Mail Address

## **Participant Names and Programs**

**Limit: 2 participants per program.**

(CONTACT SHEYEL RORIE AT 215 923-2116, EXT. 270 WITH ANY SPECIAL NEEDS AND INDICATE THEM HERE)

1. \_\_\_\_\_  
Name Program

\_\_\_\_\_  
Last 4 Digits of Social Security #

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-Mail Address

2. \_\_\_\_\_  
Name Program

\_\_\_\_\_  
Last 4 Digits of Social Security #

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-Mail Address

The Behavioral Health Training and Education Network has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102; (703) 506-3275.

