

CW 3032 - Motivational Interviewing

Level III
September 11-12, 2008

PRESENTED BY:

Thad R. Leffingwell, Ph.D., is a clinical psychologist and Assistant Professor in the Department of Psychology at Oklahoma State University. Dr. Leffingwell completed his graduate training at the University of Washington and his pre-doctoral internship at the Puget Sound VA Healthcare System Seattle. Dr. Leffingwell is a member of the Motivational Interviewing Network of Trainers (MINT), having completed intensive training in how to train others in the approach. Dr. Leffingwell's research interests include brief motivational interventions for health behavior change and motivational predictors of self-directed and assisted behavior change. He has worked on five different federal, state and privately funded intervention projects that investigated adaptations of motivational interviewing. Dr. Leffingwell may be contacted at Oklahoma State University, 215 North Murray, Stillwater, OK 74078-3064 (e-mail: LTHAD@okstate.edu).

COURSE DESCRIPTION:

Motivational Interviewing is a well-validated counseling approach that uses a range of strategic techniques in an empathic, optimistic, and accepting context. The non-confrontational nature of this approach has been shown to promote client motivation and reduce resistance, as well as to prevent frustration and burnout among professionals in the human services field. This 2-day seminar will focus on developing the empathic, optimistic, and non-judgmental spirit of MI, as well as skills for implementing the strategic elements of MI, with attention to their use within a Child Welfare setting. PLEASE NOTE that: (a) while MI can be utilized in interactions as brief as a few minutes, it is a complex approach that cannot be reduced to a short list of tips and tricks; (b) this is an intensive workshop that will make heavy use of exercises and role-plays to help attendees begin developing skills; and (c) while the workshop will include clear suggestions for how to apply MI skills within a Child Welfare setting, attendees must come prepared to think creatively about how they could utilize this approach in their own roles as Child Welfare professionals. While elements of MI are applicable in all areas of Child Welfare, treatment workers may find them most relevant.

TRAINING SITE:

OU/DHS Training Center
Equity Room
617 W. Rock Creek Road
Norman, OK 73069

TRAINING GROUP:

Participation is limited to 35 Child Welfare Specialists who have pre-registered on KIDS and have completed CORE, Level I, and Level II classes.

WORKSHOP HOURS:

Registration begins at 9:30 a.m.

Day 1: 10:00 a.m. to 5:00 p.m.

Day 2: 9:00 a.m. to 4:00 p.m.

Participants are reminded that anyone missing more than 30 minutes of a workshop may not receive full credit for the workshop.

CANCELLATION:

PLEASE DON'T BE A NO-SHOW.

If you find you cannot attend after you have registered please have your SUPERVISOR e-mail childwelfaretraining@okdhs.org.

LODGING ACCOMMODATIONS:

Lodging is available at the Sooner Legends Inn & Suites, 1200 24th Avenue SW, Norman, OK, 73072. **Call 405-701-8100 to make your lodging arrangements.** A block of rooms will be reserved for training participants until **8/27/2008** and will be direct-billed to CCAN. If you make a reservation after this date has expired, you will be expected to pay for your room and apply for reimbursement through OKDHS. When making reservations please indicate that you are with the OKDHS. Motivational Interviewing Training.

► **For individuals traveling in excess of 130 miles one way (map miles), lodging is available the night before.**

Visit our website: <http://www.ou.edu/cwtraining>

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