

Motivational Interviewing from the Inside Out



1-hour synchronous distance learning webinar!

Thirty years ago, training in Motivational Interviewing (MI) was in its infancy, as was Implementation Science. Over time, significant progress has been made in understanding factors that contribute to the adoption and maintenance of evidence-based practices in general (Bauer & Kirchner, 2020), as well as the adoption of MI in everyday practice (Schwalbe et al., 2014). However, less is known about how we achieve excellent and nuanced MI practice. This presentation and discussion will review where MI training has been and introduce the Self-Practice/Self-Reflection (SP/SR) approach, developed by James Bennett-Levy, as a method to deepen practitioners' understanding of the underlying principles and intricacies of MI.

Participants will learn about the DPR model, the role of the traditional 2-day workshop in that model, and the value that Deliberative Practice can add to practitioner development. Then participants will be introduced to the Personal Practice Model and the value that Inside Out learning can bring to this learning.

Course Objectives

- Define the DPR model.
- Describe how self-practice/self-reflection may aid in deepening skills

Instructor(s)

Charlotte Hilton, PhD

I'm a Chartered Psychologist with expertise in clinical health psychology, integrated care, quality improvement and elite sport. In the U.K. I work very closely with the NHS, although I often work across a range of contexts internationally. I'm also passionate about practice-informed research. I often utilize my experience working across a range of health, social care and organizational contexts (including corporate and elite sport) to publish research that has genuine impact and relevance to routine practice. My training is always informed by evidence-based and best practice approaches. I have experience in delivering MI training within the context of: enhancing behavior change when working with individuals, groups and/or families, utilizing MI skills to improve organizational dynamics such as communication and trust and MI for leadership and leaders across a broad range of contexts.

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Instructor(s)

Lynne Johnston, PhD

I am a Chartered Psychologist and Associate Fellow with the British Psychological Society and a Health and Care Professions Council (HCPC) registered Practitioner Clinical Psychologist. I specialize in the area of clinical health and medical psychology. In my NHS work, I work with patients both before and after surgery (e.g., orthopaedics, bariatric, heart transplant). I have significant experience in working with patients in preparation for surgery (prehab) and in their adjustment to life-changing surgery (e.g., living with: a new heart, gastric bypass; amputation). I hold additional clinical qualifications in CBT, CBT-e; EMDR, Sensorimotor Psychotherapy. I have a specific interest in trauma and the body. I hold two Doctorates, a PhD (Psychological Impact of Injury; University of Birmingham) and a doctorate in Clinical Psychology (Clinical Supervision, University of Newcastle Upon Tyne).

I work in clinical practice, research, training, and supervision, within the NHS and in private practice. I have supervised and examined Doctoral students since 1999. I am an Honorary Associate Professor at the University of Glasgow where I continue to supervise Doctoral Students in Clinical Psychology. I am currently supervising students who are looking at various aspects of training, supervision, and skill development in Motivational Interviewing; body trust in patients living with Pulmonary Hypertension; Coping and adjustment work within cardiology (congenital cardiac service); psychological preparation for surgery within complex obesity).

David Rosengren, PhD

I am curious about what initiates and sustains motivation and change. This interest began in work with angry adolescents and progressed through work in prison, VA and state hospitals, and outpatient settings. My research focus has included addictive behaviors and its sequelae, HIV/AIDS and risk reduction, IPV, brief interventions and training methods. My clinical work extends across a range of treatment populations from those with addictive behaviors to sexual offenders to the chronically mentally ill. Presently, my research evaluates methods for training practitioners and implementation of evidence-based practices.

A member of the first Training for MI Trainer's in 1993, I have provided regular training in MI since. A former Editor of the newsletter for MI trainers, I also authored Building Motivational Interviewing Skills: A Practitioner Workbook, as well as journal articles and book chapters.

I serve as President of Prevention Research Institute (Lexington, KY), a private nonprofit that develops and trains people in prevention and treatment curriculum for alcohol and drug use issues. The why of PRI's existence is "Growth Happens Here". We work to bring that mission to life at all levels of our organization, as well as for our system partners, counselors and instructors and the end-users of our products. Motivational Interviewing is embedded in all that we do.

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Course Outline

- Introduction
- Defining the Declarative-Procedural skills- Reflection (DPR) model
- Personal Practice Model and importance of self-reflection
- The Integrated learning model
- Real play practice as the vehicle for SP/SR
- Exploration of approaches to SP/SR
- Q&A

Continuing Education

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, (MI Center for Change) programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.
- MI Center for Change #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval periods (8/20/24-8/20/25). Social workers completing this course receive 1 continuing education credits.
- Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

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How Motivational Interviewing from the Inside Out course works

- You will register by providing your name and email, and will be emailed your confirmation and login details. You will watch the video and then score a passing grade. Once you complete the quiz you will be prompted to complete the end of course evaluation. After completing the evaluation you will be emailed your certificate within 48 hours.

Continuing Education Information

We do not provide partial Continuing Education credit for this course. Participants must complete the 1 hour of recorded asynchronous distance learning.

Course Fee: \$27

Course recording date: March 7th, 2025

What if there is a group at my agency that wants to take the training together?

Each individual must have their own device to sign in to their course. Email for more information admin@micenterforchange.com

Individual Course Access: Each member of the group must sign in the course individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation. For more information or to register a group, please contact us at admin@micenterforchange.com

System Requirements, Terms and Conditions:

Please take the time to read the [System requirements, Terms and Conditions](#) for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions [here](#). See our Cancellation Policy [here](#).

Disability Accommodation: Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact admin@micenterforchange.com or 828-279-4985