

# Motivational Interviewing Across Cultures



## 1-hour recorded asynchronous distance learning workshop!

Engagement in mental health and substance use treatment remains low among diverse populations, partly due to social stressors like discrimination and trauma, which increase the risk of mental health disorders. This session will introduce an adapted version of Motivational Interviewing (MI) tailored to address these social stressors. Key topics include strategies for addressing medical mistrust, assessing readiness for collaboration, and using affirmation to support stigmatized populations. By the end of the session, attendees will gain practical tools to enhance treatment engagement and effectiveness in diverse communities.

### Course Objectives

- Describe similarities and differences between trauma and race based trauma
- Describe some of the ways Cultural Adaptations of MI (CAMI) is distinguishable from MI
- Learn ways to amplify affirmation using CAMI to reverse the effects of stigma

### Instructor

Christina Lee, M.A., Ph.D.

Christina Lee, M.A., Ph.D., is a licensed psychologist and Associate Professor at the Boston University School of Social Work. Her research focuses on improving addiction treatment for marginalized populations. Dr. Lee completed a postdoctoral fellowship in addiction treatment research at Brown University's Center for Alcohol and Addiction Studies. She is the author of *Motivational Interviewing: Working Across Cultures*, part of the *Applications of Motivational Interviewing* series. Dr. Lee actively volunteers at Casa Esperanza in Boston and serves as a Senior Editor for the *Journal of Studies on Alcohol and Drugs*. She is an elected Fellow of the American Psychological Association, a Board Member for the National Association of Addiction Treatment Providers ForSE (Foundation for Recovery Science and Education), and a member of several editorial boards. Additionally, she contributes to *Psychology Today* through her blog, *Connecting Across Divides: Building Therapeutic Bridges in a Fractured World*.

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## Course Outline

- 0-15: Introduction
- 15-24: Exploring example of racial trauma, defining and exploring raced-based stressors
- 24-33: What is Culturally Adapted MI (CAMI)?
- 33-40: Example & benefits of “confrontation”/speaking up
- 40-45: How to open up sensitive topics using open questions, and optimizing acceptance
- 46-49: Adapting affirmations in CAMI
- 50-57: Second client example and amplification of self worth & autonomy
- 58-1:16: Discussion and continued exploration of CAMI

## 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 (8/20/25-8/20/28). 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 Across Cultures 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:** 6/5/25

**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. We provide agency group registration discounts. Email for more information [admin@micenterforchange.com](mailto: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](mailto: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](mailto:admin@micenterforchange.com) or 828-279-4985