

What's the Problem? Advancing MI in Challenging Situations



1.5-hour recorded asynchronous distance learning!

Motivational Interviewing is simple, but not easy. You might have read this in *Motivational Interviewing: Helping People Change and Grow*, 4th Ed. (Miller & Rollnick, 2023) and perhaps you have noticed that MI is both wonderful and challenging to apply to many real-world problems. In this hour and a half training, we will explore some of the issues commonly encountered when using motivational interviewing and some possible solutions to these common concerns. The presenters will be demonstrating how to approach some of these hard situations—such as engaging mandated clients, being effective when time is short, evoking empowerment and avoiding the fixing reflex—using concepts and exercises from their upcoming book, *What's the Problem: Advanced Motivational Interviewing Guide for Clinicians*.

Course Objectives

- Identify at least three common challenges in motivational conversations.
- List three strategies to address common conversational challenges that occur in motivational interviewing.

Instructor(s)

Kristin Dempsey

Kristin is a psychotherapist, counselor educator, and trainer in evidence-based psychotherapy practices. Kristin is a practicing licensed marriage and family therapist and licensed clinical counselor. She has worked in a variety of clinical settings: schools, community-based organization, county mental health, training agencies, and universities and professional schools. Kristin has been training clinicians and students in motivational interviewing since 2008, and Kristin has been practicing motivational interviewing since 2001. In addition to training in motivational interviewing, Kristin trains and provides consultation for clinicians in dialectical behavior therapy, trauma informed care, cognitive behavioral therapy, co-occurring mental health and substance use disorders, clinician self-care, and suicide prevention and intervention. Kristin is lecturing faculty at San Francisco State University where she teaches addictions counseling, and she is an associate professor at the Wright Institute's Counseling Psychology program where she teaches counseling skills, developmental psychology, research-based practice, group counseling, and addiction treatment. Kristin has assisted counseling agencies with self-assessment and programmatic change, and her EdD in Organizational Change and Leadership has assisted her in providing systems-level consultation. She is the author of *The Harm Reduction Workbook for Addiction* published by New Harbinger Press in 2024. She sees clients in San Francisco and Burlingame, CA offices.

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Instructor(s) cont.

Ali Hall

I joined MINT in 2006 and work full time as an independent consultant and trainer, virtually as well as out of Reno, NV, San Francisco, CA and the Washington, DC areas. I have been fortunate to have designed and facilitated several thousand MI workshops for health care practitioners, behavioral health clinicians, social workers, psychologists, psychiatrists and criminal / juvenile justice professionals, and I provide training for trainers in evidence-based practices. I currently serve as a Director Emeritus from the MINT Board and continue to work with the professional skill development activities. I also have served on a number of MINT committees and TNT teams in Fort Wayne, Atlanta, Berlin, New Orleans, Warsaw and virtual TNT teams in Canada. I frequently provide MI coding and skill development coaching, coding QA, research intervention design, and consultation to systems for effective MI implementation. I am also a co-developer of the Motivational Interviewing Competency Assessment (MICA) coding and coaching instrument, co-author of Motivational Interviewing for Mental Health Clinicians: A Toolkit for Skills Enhancement and co-author of the forthcoming What's the Problem? A skill development guide for navigating challenging motivational conversations. I spent my undergraduate years at Occidental College in Los Angeles, and completed graduate studies in organizational behavior at the School of Industrial and Labor Relations at Cornell University, my J.D. at the Cornell University School of Law and am a Cornell Certified Diversity Professional. In my spare time, I participate in cold-water marathon swimming events, raising funds for under-resourced kids' charities.

Course Outline

- 00:05 Introduction
- 04:17 Common problems encountered using MI
- 16:10 Assessment trap
- 33:48 Intake versus assessment
- 44:00 Engaging mandated clients with MI
- 56:10 Four Tasks of MI
- 01:08:00 Being effective when time is short
- 01:12:09 Range of styles
- 01:24:37 Q&A and key insights

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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 1.5 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.

How What's the Problem? Advancing MI in Challenging Situations 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.

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Continuing Education Information

We do not provide partial Continuing Education credit for this course. Participants must complete the 1.5 hour of recorded asynchronous distance learning.

Course Fee: \$37

Course recording date: 9/19/25

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

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