

Counseling / Social Work

Motivational Interviewing

Motivational Interviewing (MI) is an evidence-based practice with proven outcomes in treating substance abuse, mental/behavioral health, and primary health care issues. It is utilized in educational, clinical health, mental and behavioral health, and corrections settings.

MCTC has trained more than 4500 individuals to use MI since 2001. Our past clients include Ramsey County, Project Turnabout, and the Minnesota Department of Health and Human Services.

Motivational Interviewing teaches how to move away from aggressive or confrontational approaches by using person-centered methods. Our clients believe this approach gives them a competitive advantage in treatment effectiveness. MI training will help increase client engagement in treatment; reinforce client self-motivation; improve client outcomes; improve the work climate and provide a common language for peer-to-peer conversations.

The typical two-day course is designed to help participants better engage their clients in the change process. The goal is to improve client compliance in meeting individual goals. Following the two-day training we recommend coaching circles to develop skills regardless of previous MI training.

MI training meets the requirements for continuing education for a variety of professionals including: alcohol and drug counselors, social workers, psychologists, marriage and family therapists, crisis counselors, allied health professionals and nurses.

MCTC also provides customized training options including an MI Refresher, Coach/Champion/Mentor and advanced training.

To learn more about our MI services please contact Loretta Anderson at 612.659.6504 or at Loretta.Anderson@minneapolis.edu.



Dates and Times

Motivational Interviewing for Behavioral Health Practitioners

Instructor: Jonathan Lofgren, PhD, LADC, MINT

Thu & Fri, Sep 29 - 30 8:30 a.m. - 4:30 p.m.
Room: T 3600 / S 1400 14 CH/1.4 CEUs
Class ID: 2651 \$199

Thu & Fri, Oct 27 - 28 8:30 a.m. - 4:30 p.m.
Room: L 3000 14 CH/1.4 CEUs
Class ID: 2702 \$199

Thu & Fri, Dec 8 - 9 8:30 a.m. - 4:30 p.m.
Room: L 3000 14 CH/1.4 CEUs
Class ID: 2703 \$199

Motivational Interviewing Intermediate Clinical Skills (Prerequisite: 2-3 days of MI clinical skills training with practice)

Instructor: Suzanne EckMaahs, MINT, MI Practitioner since 1993

Mon & Tue, Oct 10 & 11 8:00 a.m. - 4:30 p.m.
Room: L 3000 16 CH/1.6 CEUs
Class ID: 2688 \$395

Wed & Thu, Nov 16 & 17 8:00 a.m. - 4:30 p.m.
Room: T 3600 16 CH/1.6 CEUs
Class ID: 2689 \$395

Registration Information

Register by phone at 612.659.6500 or online at www.minneapolis.edu/continuinged (click on Course Schedule).

You may also register by mail or fax; please call us for a registration form.

Payment must be made at the time of registration.

Counseling / Social Work

Self Care is an Ethical Issue

This workshop will bring together addiction counseling professionals to look at common issues which may interfere with good self care. Participants will learn how boundaries impact self care and will create a professional self care plan, learn stress reduction techniques, including mindfulness practice, and learn how to identify compassion fatigue attitudes and behaviors. The course will also include time management and record keeping strategies.

Building Personal Agency Through Inquiry and Story

Whether you are an educator, counselor, or supervisor, using novel ways to promote initiative and personal agency can have far reaching results - both for the individual and your organization. In this highly interactive and experiential class, you are introduced to Narrative Theory and practice. As you learn the basic foundations of Narrative Theory, you also practice applying narrative principles and techniques in real world situations that mirror your 'world of work' environment.

Minneapolis Community and Technical College

Located in the heart of downtown Minneapolis, MCTC is one of the largest and most ethnically diverse higher education institutions in Minnesota. MCTC enrolls over 15,000 students annually in a spectrum of unique programs and continuing education classes.

Division of Workforce Development, Continuing Education and Customized Training

Management Education Center (MEC)
3rd Floor (Corner of Harmon Place and
13th Street South)

1501 Hennepin Avenue
Minneapolis, MN 55403

MCTC is an equal opportunity educator and employer
Member of the Minnesota State Colleges and
Universities system

Office hours:

Monday & Tuesday: 8 a.m.–6 p.m.
Wednesday–Friday: 8 a.m.–4:30 p.m.

Phone: 612-659-6500

Fax: 612-659-6505

General e-mail: continuinged@minneapolis.edu

minneapolis.edu



Dates and Times

Self Care is an Ethical Issue

Instructor: Bayla McDougal, 20+ years in addiction counseling

Thursday, Oct 27

9:00 a.m. - 4:00 p.m.

Room: L 3100

6 CH / .6 CEUs*

Class ID: 2647

\$79

***Meets professional development required in ethics and covers the 4747.1400 Rules of Professional Conduct Subp. 10. Impaired Objectivity or Effectiveness.**

Building Personal Agency Through Inquiry and Story

Instructor: Harry Greenberg, LISW

Tuesday, Oct 18

5:00 p.m. - 8:00 p.m.

Room: S 3420

3 CH / .3 CEUs*

Class ID: 2730

\$59

***CEUs recognized by the Board of Social Work. Approval # CEP-569.**

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Motivational Interviewing for Behavioral Health Practitioners

This training session will focus on clinical interviewing skills. The course is modeled after the Minnesota Motivational Interviewing dissemination and implementation efforts of the last 4 years.

Topics will include: unique listening and interviewing skills, how to identify and explore client ambivalence, how to respond to resistance and how to identify and respond to client change-talk. Participants will also develop practice and learning strategies to further develop Motivational Interviewing skills.

Who should attend? Substance Abuse and Mental Health Counselors and Therapists, Psychologists, Psychiatric & Public Health Nurses, Social Workers, Case Managers, Life Coaches, and School/Guidance Counselors seeking to learn Motivational Interviewing.

Instructor: Jonathan Lofgren, Ph.D., LADC, Certified Co-Occurring Disorders Diplomat, Member of The Motivational Interviewing Network of Trainers (MINT), Faculty Member MCTC Addiction Counseling Program, President of the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH).

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14 CH/1.4 CEUs	Fee: \$199

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Motivational Interviewing Intermediate Clinical Skills Training (Level II)

This course is based on the work of William R. Miller and Stephen Rollnick, and focuses on intermediate level instruction and practice in Motivational Interviewing (MI). This hands-on course will help you become more proficient and natural at MI by focusing on the more advanced concepts around MI spirit and principles, complex reflections, better response and elicitation of change talk and confidence talk, and practice with timing and testing the waters for commitment/case planning. Training objectives: Explain recent developments in MI practice and the most effective models of learning MI. Articulate and demonstrate an understanding of MI spirit and principles in practice. Demonstrate an ability to respond to sustain talk in an MI adherent way. Demonstrate an ability to effectively evoke and selectively reinforce change talk, confidence talk, and commitment language. Identify when a client is ready to move forward with goal setting and demonstrate an ability to develop an action plan with the client.

Following the classroom portion of this course, you will receive a one hour and fifteen minute individual consultation/coaching session based on an actual client session that you will audiotape. **You will need access to a digital audiotape recorder for this part of the course** (instruction for how to complete the recording will be given during class).

Prerequisite: Motivational Interviewing Clinical Skills Training–Level I or equivalent (2-3 days of MI clinical skills training with practice).

Instructor: **Suzanne EckMaahs** began her study and practice of Motivational Interviewing in 1993. She was trained as a trainer by the innovators of the approach (Dr. William Miller and Dr. Stephen Rollnick). She is a member of the international network of MINT trainers and has received ongoing, advanced training in Motivational Interviewing for Supervisors and application of the MITI quality assurance tool. Sue has provided instruction to practitioners and policy developers across the country. Her consulting agency also provides instruction/coaching in other evidence-based practices.

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