

# Motivational Interviewing

**Kristin Dempsey, EdD, LMFT, LPCC** is a licensed marriage and family therapist (LMFT) and professional clinical counselor (LPCC). She has provided psychotherapy in the Bay Area for almost 25 years in public non-profits and county mental health settings, schools, and medical clinics. Her current psychotherapy practice is located in San Francisco and Burlingame.

Dr. Dempsey's areas of clinical interest include treatments for co-occurring mental health and substance use disorders, complex trauma in childhood and adolescence, eating disorders, panic/anxiety, and many behavioral challenges such as anger management and impulse control disorders. She has worked with adults, senior adults, transitional age youth, adolescents, and children in individual, family, and group modalities.

In addition to clinical work, Dr. Dempsey trains providers in a number of evidence-based and promising practices. She is a member of the Motivational Interviewing Network of Trainers and has experience teaching and training cognitive behavioral therapy (CBT), cognitive behavior therapy for psychosis (CBTp), and dialectical behavior therapy (DBT). She is a master trainer for Applied Suicide Intervention Skills (ASIST), and has been trained in the Neurosequential Model of Therapeutics (NMT) to assess trauma impacts in youth and adults. Dr. Dempsey also provides additional programmatic consultation regarding behavioral health system redesign and implementation of evidence-based practices.

Dr. Dempsey is engaged in behavioral health workforce development research and organizational change projects. She is especially interested in investigating and promoting best practices to recruit and retain underrepresented clinicians in the mental health and substance abuse treatment fields.



Our Trainings are free.  
Register online at sccLearn

**May 10, 2022**

9:00 am-4:30 pm

Registration begins at 8:30

## COURSE DESCRIPTION:

Motivational interviewing (MI) provides us with a way to have conversations about change. In this course, participants will learn the basics of how to apply motivational interviewing to a number of typical as well as challenging clinical situations. Content covered in this training includes exploring the attitudes and approach of MI, learning the motivational interviewing process of change, and practicing the specific micro-skills necessary to successfully engage with clients. Examples of motivational interviewing will be provided via video and demonstration, and attendees will have opportunities to apply components of the model with sample client situations. Explicit examples of how motivational interviewing addresses Santa Clara County BHRS' core mission and vision will be explored throughout the training. Participants will also create beginning and simple action plans for using motivational interviewing, which will be used to guide ongoing coaching and feedback sessions.

## LEARNING OBJECTIVES:

At the end of this workshop, attendees will be able to:

- Explain two ways in which the skills and/or spirit of MI helps contribute to the mission and vision of Santa Clara County Behavioral Health Services
- Summarize the four components of the "Sprit" of Motivational Interviewing.
- Define the four processes of Motivational Interviewing.
- Practice the five micro skills of Motivational Interviewing.
- Distinguish the difference between "preparatory" and "commitment" change talk.
- Plan how to immediately use at least two Motivational Interviewing skills in current work environment.

\*\*\* Santa Clara County Behavioral Health Services Department (SCCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and/or LEPs. SCCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for 6 hours of continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency-Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP). Lunch and scheduled breaks during the training do not count towards CEU credit.

\*\*\*Please contact Learning Partnership if you need accommodations for one of our trainings at 408-792-3900.

\*\*\*Do you have a Grievance? Please call Learning Partnership at 408-792-3900.

\*\*\*You can download/print your own CEU Certificates online at sccLearn 2 weeks after the training date.

\*\*\*PowerPoint/Handouts: Please go to the following link to print your own copy: [www.sccgov.org/sites/bhd-p](http://www.sccgov.org/sites/bhd-p)

**This training is limited to: Santa Clara County Behavioral Health Services staff and contracted agencies.**

## ZOOM

Login information will be provided to registered participants 2 days prior to the training. No walk-ins are allowed.