

Motivational Interviewing & the Stages of Change

Tuesday, February 7th, 2023

Start: 12:00 PM ET **End:** 2:15 PM ET

Instructors: Hannah Roop, LCSW & Ryan Villagran, LSW

Motivational Interviewing is a person-centered strategy that providers can employ to support clients toward making positive changes in their lives. Through honest conversations that acknowledge how challenging it can be to embark on a journey of recovery, providers can help clients resolve ambivalence, stand up to insecurities, and implement necessary changes in their lives. In this two-hour session, attendees will gain insight into the foundations and key principles of motivational interviewing and learn specific strategies to encourage change. Presenters will also provide an overview of the Transtheoretical Model (aka The Stages of Change), which can be used in conjunction with Motivational Interviewing strategies. This session will invite attendees to reflect on their direct service work and consider use of this effective, evidence-based method with their clients.

Learning objectives:

When attendees return to the workplace, they will be able to:

- Articulate the role of motivational interviewing in participant-centered care
- Define sustain talk and change talk as components of ambivalence
- Explain the OARS method of motivational interviewing

Target Audience: Social service providers and helping professionals with direct client contact.

Social Work Practice Level: This course is appropriate for beginner and intermediate BSW/MSW learners.

Course Delivery Format: Live webinar

Interactivity: This course will offer real-time polling, group discussion prompts, and 10 minutes of Q&A time.

Credit hours offered: 2 credits*

Fees: \$20 general registration; additional \$5 for registration with social work CE credit

Registration includes access to the live event and recording, PDF of slides, and relevant training tip sheets/resources.

To register, please submit payment to: <https://bit.ly/3DdFlws>

Upon receipt of payment, attendees will receive a receipt via email with the link to finalize their course registration with Zoom. Information for accessing the live webinar will then be sent directly from Zoom.

Registration deadline: Individuals may register up until the start time of the event.

**Housing First University, a program of Pathways to Housing PA, can provide continuing education credits to licensed social workers in 48 of the 50 U.S. states and 10 Canadian provinces. Due to current regulations, CE credits cannot be offered to social workers in the states of New Jersey or New York. If you are not a Licensed Social Worker, please check with your board of accreditation to ensure this training meets your licensing needs.*

Course completion requirements: Attendees must attend the entirety of the virtual session with system video/audio enabled to participate, and respond to all poll questions and activities. Certificates will be distributed to participants via email within two weeks of the course date. Attendees must complete a course evaluation via Google Forms within 48 hours of the course's conclusion in order to receive a certificate and any continuing education credit. Course evaluation links will be distributed during the session via chat and immediately following the training via email. Individuals must attend the live webinar in order to receive a certificate of completion and any continuing education credit.

System requirements: Webinar participants must have access to a computer, tablet, or smart phone with high speed Internet, microphone, speakers, webcam, and a (free) Zoom video conferencing account.

Session Facilitators:



Hannah Roop, MSW, LCSW (she/her), is a licensed social worker who has served as a Service Coordinator and Assistant Team Leader at Pathways to Housing PA. Now a Team Leader, she currently oversees Team 10, our newest ACT team focused on individuals with serious and persistent mental illness. Hannah is passionate about using person-centered approaches to support participants as they build and maintain a life they find joyful and meaningful. She is known to persevere with difficult or withdrawn clients on her caseload. On the weekend, Hannah enjoys rock climbing and hanging out with her dog.



Ryan Villagran, LSW, (he/they) joined Housing First University in June 2021 as a Training Specialist. Ryan holds a Master of Social Work from Temple University with a concentration in Communities & Policy. His clinical background includes delivering psychiatric rehabilitation services in the mental health recovery model at a Community Integrated Recovery Center. Ryan also developed and coordinated a training program in a university setting for social workers serving transitional-aged youth and later taught a Human Behavior in the Social Environment course for graduate social work students. Ryan is involved in organizing efforts around ending mass incarceration and believes in the power of our collective imagination to dream of a better future centered around the most vulnerable members of our community.

Schedule	
11:45-12:00 PM	Virtual training room opens
12:00-12:10 PM	Welcome & introductions
12:10-12:25 PM	The secret ingredient of change and beliefs about motivation
12:25-1:00 PM	The spirit of Motivational Interviewing, ambivalence, change talk & sustain talk, and resistance
1:00-1:10 PM	Break
1:10-1:30 PM	The core skills and processes of Motivational Interviewing
1:30-1:50 PM	The Stages of Change
1:50-2:05 PM	Putting skills into practice
2:05-2:15 PM	Final thoughts, Q&A

For questions or concerns, contact:
 Andrew Spiers, LSW
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 Housing First University
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 (215) 390-1500, ext. 1708

To request an accessibility accommodation, please email:
training@pthpa.org



ACE approval statement: Housing First University: a program of Pathways to Housing PA, provider #1759, 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 period: 01/12/2022 – 01/12/2025. Social workers completing this course receive 2 clinical continuing education credit.

Accreditation information: <https://bit.ly/3RqW360>

Grievance policy: <https://bit.ly/3ewu4U5>

Security policy: <https://bit.ly/3x4qiro>

Cancellation & refund policy: <https://bit.ly/3Ui7QFM>



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