

Motivational Interviewing & the Stages of Change Tuesday, October 10th, 2023

Start: 1:00 PM ET **End:** 3:15 PM ET

Instructors: Khalil Martin, LSW & 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. Attendees will gain insight into the foundations and key principles of Motivational Interviewing and learn specific strategies to encourage change. 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.

Course Delivery Format: Live webinar

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

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

Social Work Credit Hours Offered: 2 clinical CE credits*

Fees: \$25 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://go.housingfirstuniversity.org/MI1010>
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: None. 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 and 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's conclusion. Attendees must complete a course evaluation within 48 hours via Google Forms to receive a certificate. Course evaluation links will be distributed during the session and via email immediately following the training. Individuals must attend the live webinar in order to receive a certificate of completion.

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

Session Facilitators:



Khalil Martin, MSW, LSW (he/him), joined Pathways to Housing PA in 2021 and served in a clinical leadership role on an ACT team for individuals with Opioid Use Disorder before joining Housing First University as a Training Specialist in January 2023. Prior to this, Khalil worked as a Behavioral Health Therapist at runaway & homeless youth shelters throughout the tri-state area, as well as with Project HOME, where he assisted in the creation of the Gloria Casarez Residence- the first permanent supportive housing for LGBTQ+ young adults in Pennsylvania. Drawing from principles of feminist theory, Khalil uses a strength-based and person-centered approach to assist individuals in understanding and navigating various forms of oppression and how these systems impact one's personal and interpersonal experiences. Khalil received his Master's degree in clinical social work from The University of Pennsylvania.



Ryan Villagran, LSW (they/them) 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. Their 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	
12:45-1:00 PM	Virtual training room opens
1:00-1:10 PM	Welcome & introductions
1:10-1:25 PM	The secret ingredient of change and beliefs about motivation
1:25-2:00 PM	The spirit of Motivational Interviewing, ambivalence, change talk & sustain talk, and resistance
2:00-2:10 PM	Break
2:10-2:30 PM	The core skills and processes of Motivational Interviewing
2:30-2:50 PM	The Stages of Change
2:50-3:05 PM	Putting skills into practice
3:05-3:15 PM	Vicarious trauma & self-care

For questions or concerns, please contact: Andrew Spiers, LSW
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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 credits.

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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