

# Virtual Training Opportunity

## Motivational Interviewing & the Stages of Change

Thursday, March 21st, 2024

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

**Instructors:** Renée Frink-Boyd, CPS & 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, and their supervisors.

**Course Delivery Format:** Live webinar

**Interactivity:** This course will offer real-time polling, group discussion prompts, break-out groups, and 15 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:** \$30 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/MI-3-21-24>

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 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:



**Renée Frink-Boyd, CPS (she/her)**, is a Training Specialist with Pathways to Housing PA's training and educational initiative, Housing First University. Renée first came to Pathways in 2015 and served as a Certified Peer Specialist (CPS) on a non-fidelity Assertive Community Treatment (ACT) team, where she focused on building meaningful connections with program participants with chronic health conditions. Later, she joined the Pathways' Center of Excellence as a Medication Assisted Treatment (MAT) Care Manager, where she assisted individuals with accessing MAT and MOUD services. Renée received her Peer Specialist certification in 2013. Her 10+ years of experience in the field includes working as an Employee Specialist at the Philadelphia Department of Behavioral Health and Intellectual Disabilities, and as a CPS at Philadelphia area agencies including Horizon House and JFK Behavioral Health. Renée is passionate about building supportive peer relationships with individuals experiencing homelessness and managing co-occurring disorders.



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

**For questions or concerns, please contact: Ryan Villagran, LSW**  
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**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 social & cultural competence 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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