



Introduction to Motivational Interviewing for Substance Use Disorders

FREE training offered by AmeriHealth Caritas Ohio

Virtual workshop presented by

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Licensed Psychologist/Assistant Professor

The Ohio State University, Department of Psychiatry & Behavioral Health

Tuesday, May 21st • 9:00 – 10:45 a.m.

Offered via Zoom Webinar

Description: This presentation will introduce key principles of Motivational Interviewing (MI). Learners will have an opportunity to practice important skills associated with MI and will be pointed toward resources to help develop their MI practice.

Objectives:

- (1) To understand the underlying principles and spirit of Motivational Interviewing (MI).
- (2) To apply core MI skills, including reflections, open-ended questions, summaries, and affirmations.
- (3) To identify steps to gain additional practice and training in MI.

**1.5 CEUs* pre-approved for
Ohio Counselors, Social Workers, & MFTs**
(CSWMFT Provider #: RCS092303 & RTX032403)

Licensees from other disciplines are encouraged to contact their state licensing board to request continuing education credit for this training event.

*Participants must stay for the entire training and complete an online program evaluation survey at the end of the webinar to receive continuing education credit. Please note that partial credit will not be awarded for this event.

Accommodations: We strive to host inclusive, accessible events that enable all individuals to engage fully. If you require accommodation(s) such as live captioning or interpretation to participate in this event, please contact us at BH-Training@amerihealthcaritasoh.com.

Link to register:

<https://amerihealthcaritas.zoom.us/meeting/register/tJUodO2grzMpGNfO4G9xu0WFyJSqcpOBuX8n>

Please contact us with any questions: BH-Training@amerihealthcaritasoh.com.



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Presented by Dr. Michael Vilensky, Ph.D.

Agenda

9:00 – 9:05 a.m.	Welcome & housekeeping
9:05 – 9:15 a.m.	Key MI concepts and definitions
9:15 – 9:30 a.m.	The MI Spirit
9:30 – 10:15 a.m.	Core interviewing skills, with guided practice
10:15 – 10:30 a.m.	Gaining competency in MI
10:30 – 10:45 a.m.	Program Evaluation Survey Additional Q&A

Key References

Miller W. R. (2023). The evolution of motivational interviewing. *Behavioural and cognitive psychotherapy*, 51(6), 616–632.

Miller, WR & Rollnick, S (2023). *Motivational interviewing: Helping people change and grow* (4th Edition).

Forman, D. P., & Moyers, T. B. (2019). With odds of a single session, motivational interviewing is a good bet. *Psychotherapy* (Chicago, Ill.), 56(1), 62–66.

Miller, WR & Moyers, TB (2006). Eight stages in learning MI. *Journal of Teaching in the Addictions*, 5, 3-17.

Miller, WR & Rollnick, S (2009). Ten things that MI is not. *Behavioural and Cognitive Psychotherapy*, 37, 129-140.

Moyers, TB (2014). The relationship in motivational interviewing. *Psychotherapy*, 51, 358-363.