

Southern Alameda County Sexual Abuse Consortium

Introduction to Motivational Interviewing for Community Mental Health Practitioners

Jessica Apfel, Psy.D.

Promoting change is the goal of most therapeutic endeavors, and reaching this goal inevitably brings clinicians in direct contact with their clients' ambivalence about change. Without an adequate framework and tools for understanding and addressing this ambivalence, mental health clinicians are at increased risk for suffering professional burn-out. Initially developed by psychologists working in the field of substance abuse, Motivational Interviewing is a person-centered method for addressing the common problems of clients' resistance to change. This collaborative treatment approach recognizes that clients approach therapy at different levels of readiness to change their behavior. Guided by four key principles, Motivational Interviewing seeks to evoke clients' motivation for change by increasing their awareness of the negative consequences of their behavior and by helping them envision a more positive future. Despite its early beginnings as a tool for helping substance-abusing clients, Motivational Interviewing is now used with a wide variety of populations, including at-risk youth. As therapists in community mental health are increasingly called to do more with less time, Motivational Interviewing offers a practical treatment approach that can be adapted for many settings.

Jessica Apfel, Psy.D., RAS, is a licensed psychologist and a certified addiction specialist. In her work with both youth and adult populations, Dr. Apfel uses a strength-based, collaborative approach to treatment. As an Alcohol and Drug Treatment Specialist at Community Health for Asians, she provides program development for a youth substance abuse program as well as assessment and treatment services in school settings. Dr. Apfel has incorporated motivational strategies into her clinical work in a variety of settings including community mental health clinics, residential facilities, and schools. She specializes in trauma and addiction and is currently providing training and clinical supervision in the psychology training program at Highland Hospital.

Wednesday October, 19, 2011

9:00 a.m. to 12:00 p.m.

8:30 to 9:00: Coffee and Registration

Marina Community Center

15301 Wicks Blvd., San Leandro

Registration: **\$25** if received by **October 5, 2011**. Late registration or at-the-door registrations (if space is available): **\$30**.

Refund Policy: No refunds after October 5, 2011.

Participants with disabilities will be accommodated whenever possible; applicants with special needs should contact Rebecca Cannon, at the number listed below, as early as possible so that appropriate arrangements can be made.

This course meets the qualifications for three hours of continuing education credit for **MFTs and LCSWs** as required by the California Board of Behavioral Sciences (provider approval #: PCE9) and for **Psychologists** as required by the Board of Psychology. SACSAC is approved by the American Psychological Association to sponsor continuing education for psychologists. SACSAC maintains responsibility for this program and its content.

REGISTRATION FORM (Required by **October 5, 2011**; Only registrations with enclosed payments will be processed.)

NAME: _____ ORGANIZATION: _____

ADDRESS: _____ PHONE: _____

If you need a certificate of completion for MFT, LCSW, or Psychologist CE hours, please list your license type and license #: M.F.T.: # _____ L.C.S.W. # _____ PSY #:: _____

Please enclose the **\$25** registration fee per person, payable to **SACSAC** and send to:
SACSAC: 13666 East 14th Street, San Leandro CA 94578, (510) 357-5515, x 216

A copy of this announcement and a list of course objectives can be found at:

www.girlsinc-alameda.org/programs/services.htm