

NOVA SOUTHEASTERN UNIVERSITY  
Center for Psychological Studies

**USING MOTIVATIONAL INTERVIEWING STRATEGIES AND TECHNIQUES  
TO HELP PATIENTS CHANGE RISKY/PROBLEM BEHAVIORS**

*Presenter: Linda Carter Sobell, Ph.D., ABPP*

**Friday, January 8, 2010 ♦ 9:00 a.m. – 4:00 p.m.**  
**Nova Southeastern University ♦ Health Professions Division**  
**Fort Lauderdale, Florida**

This training program is offered free of charge by the Nova Southeastern University AHEC Program through a contract to NSU from the State of Florida Department of Health, Division of Health Access and Tobacco.



This 6-hour workshop will teach attendees motivational interviewing (MI) skills to work more effectively with their patients. MI, initially developed for resistive substance abusers, has been adapted to address other health behaviors and conditions (e.g., dual disorders, smoking, diet, physical activity, HIV screening, sexual behavior, diabetes control, gambling, medical adherence, depression). MI is not an entirely new intervention; rather it is a collection of strategies and techniques from existing models of psychotherapy and behavior change. A key goal is to assist individuals who are ambivalent or low in readiness to change. The tone of the MI encounter is nonjudgmental, empathetic, and empowering. MI techniques and strategies will be demonstrated using short role-plays, and videotaped clinical vignettes. MI techniques can be used to enhance patients' commitment to change. Handouts of the major materials will be distributed. Participants will also learn how to discuss smoking cessation with patients who smoke.

**PROGRAM LOCATION**

Nova Southeastern University  
Health Professions Division (HPD)  
Chancellor's Dining Room, 5<sup>th</sup> Floor – Terry Building  
3200 South University Drive  
Fort Lauderdale, Florida 33328-2018

For maps and directions to the Health Professions Division on Nova Southeastern University's main campus, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

## ABOUT THE PRESENTER

Dr. Linda Carter Sobell is Professor at Center for Psychological Studies, Nova Southeastern University in Florida. She is nationally and internationally known for her clinical research in the addiction field, particularly brief motivational interventions, self-change, and the Timeline Followback. She has given over 250 invited presentations/workshops, and published over 275 articles and book chapters, and 8 books, serves on several editorial boards, and has been the recipient of grants from several federal agencies for over 30 years. She is a Fellow in the American Psychological Association, is a Motivational Interviewing Trainer (MINT), and holds a Diplomate in Behavioral and Cognitive Psychology from the American Board of Professional Psychology. She is Past President of the Association for Behavioral and Cognitive Therapies and the Society of Clinical Psychology of the American Psychological Association. In recognition of her accomplishments she has received several awards including the *Betty Ford Award* from the Association for Medical Education and Research in Substance Abuse, the *Norman E. Zinberg Memorial Award* from Harvard University, a *Lifetime Achievement Award* from the Addictions Special Interest Group, Association for Behavioral and Cognitive Therapies, the *Brady/Schuster Award* for outstanding behavioral science research in psychopharmacology and substance abuse from the American Psychological Association Division 28, and *2008 Charles C. Shepard Science Award* for the most outstanding peer-reviewed research paper on prevention and control published by Centers for Disease Control/ATSDR scientists.

## PROGRAM AGENDA

8:30 a.m. – 9:00 a.m.	Registration and refreshments
9:00 a.m. – 10:15 a.m.	Introduction to motivational interviewing
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 12:00 p.m.	Fundamentals of motivational interviewing
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:30 p.m.	Using MI to minimize resistance and enhance motivation to change
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 4:00 p.m.	Special issues and applications

## PROGRAM OBJECTIVES

Participants will be able to:

- Apply motivational strategies and techniques to enhance commitment to change
- Utilize a decisional balance exercise to assess ambivalence to change and enhance motivation to change
- Use scaling tools including the readiness ruler to evaluate and promote change
- Utilize advice/feedback in a motivationally enhancing manner
- Effectively work with resistive and unmotivated individuals.
- Learn how to discuss quitting smoking with patients who smoke and are not coming for smoking cessation.

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's Center for Psychological Studies is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/011.

**School psychologists:** Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/11.

All mental health professionals will receive six (6) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSORS

Nova Southeastern University's **Center for Psychological Studies** is dedicated to providing the highest quality education to its students, superior mental health care services to the community, and research contributions to the mental health sciences. The center offers two American Psychological Association-approved doctoral programs (Ph.D. and Psy.D.) in clinical psychology and an APA-approved internship program. The center also offers master's programs in mental health counseling, school guidance and counseling, and counseling, a specialist program in school psychology, and a master's program in clinical psychopharmacology.

The Nova Southeastern University **AHEC Tobacco Training and Cessation Program** focuses on training health professionals on the treatment of tobacco dependency as well as enhancing access to tobacco cessation services throughout South and Central Florida.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida.

The Center for Psychological Studies' doctoral programs are accredited by the American Psychological Association (APA), 750 First Street NE, Washington, DC 20002-4242. Additionally, the Center for Psychological Studies sponsors two predoctoral internship programs. The NSU Psychology Services Center internship program is accredited by the APA and the Consortium Internship program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The Specialist Degree Program in School Psychology, offered through the Center for Psychological Studies, is approved by the Florida Department of Education.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

**Registration Form**  
**USING MOTIVATIONAL INTERVIEWING STRATEGIES AND TECHNIQUES TO**  
**HELP PATIENTS CHANGE RISKY/PROBLEM BEHAVIORS**  
Friday, January 8, 2010

NAME: \_\_\_\_\_ DEGREE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE (work): \_\_\_\_\_ TELEPHONE (home): \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Please email me about future workshops:     yes     no

**CHECK ALL THAT APPLY:**     psychologist     marriage and family therapist  
    social worker     mental health counselor  
    school psychologist     other \_\_\_\_\_  
License # \_\_\_\_\_ State \_\_\_\_\_

**NSU CENTER FOR PSYCHOLOGICAL STUDIES:**

- faculty             adjunct faculty     part-time core faculty     full-time staff  
 doctoral student     master's student     specialist student         CPS alumnus

**RETURN FORM TO:**

Nova Southeastern University  
Center for Psychological Studies  
ATTN: Suzanne O'Sullivan  
3301 College Avenue  
Fort Lauderdale, Florida 33314-7796  
Telephone: (800) 541-6682, ext. 25826 / (954) 262-5826  
Fax: (954) 262-3893

**REFUND AND CANCELLATION POLICY**

A full refund or a full credit for another program will be issued for cancellations received no later than one week prior to each workshop date. Credit toward another program will be awarded for cancellations after that date. The university reserves the right to cancel the program due to low registration.