

# *School Community Intervention and Prevention Presents*



## **Motivational Interviewing: Skill Building for Helping Professionals**

*Wednesday, November 17, 2021*

This course will address the fundamental concepts of Motivational Interviewing including the discussion of the atmosphere of change and critical conditions necessary for change to occur.

### **Objectives:**

This 6-hour workshop will provide participants with an outline of Motivational Interviewing skills, and integration into behavioral health practice to affect change. This will be an interactive discussion based on seminar settings, intended to teach Motivational Interviewing techniques. Upon completion of this training, the participant will be able to: Identify the four components of Motivational Interviewing Spirit; Describe at least three processes in the framework of motivational interviewing for enhancing engagement and retention in services; Identify the four components of evoking Change Talk; and identify ambivalence as a barrier to successful change.

### **Presenters:**

**Dr. Kate Speck, PhD., MAC, LADC**, earned her Masters of Arts in Adult and Continuing Education from the University of Nebraska in 1995. She earned her Doctorate degree for Community and Human Resources from the University of Nebraska in 2002. She is a certified Alcohol and Drug counselor, and addiction counselor since 2004, but has various other certifications surrounding the topic of addictions since 1984. She has 42 years of experience working in the field of behavioral health. Over the years, Kate has gained the title of Master Trainer for clinical supervision, assessing and managing suicide risk, ethics, and disaster psychological first aid. She is also a member of IMINT since 2000 for training in Motivational Interviewing. She has experience in residential, outpatient, and EAP settings as well as workforce development. Kate is an experienced educator and has trained in academic and community settings. She has presented at numerous conferences and delivered presentations and workshops in partnership with agencies and organizations. From 1997-2020, Kate was an adjunct faculty for Doane University's Master of Arts in Counseling, Psychology, Theory and Master level ethics and addiction courses. Kate was a senior research manager for the University of Nebraska Policy Center from 2007-2020.

### **Continuing Education Credit**

This program may meet the criteria of an approved continuing education program for certified social workers, certified master social workers, or licensed mental health practitioners for 6 contact hours. Other healthcare professionals may use their certificate of attendance to claim continuing education hours through their certifying body.

**Participants must attend the entire workshop in order to receive credit.**

### **Workshop Location**

#### **Host Site:**

Lincoln Medical Education  
Partnership  
4600 Valley Road  
Lincoln, NE 68510

**Class Time: 9 a.m.—4 p.m.  
12 p.m.—1 p.m. Lunch Break**

# Motivational Interviewing: Skill Building for Helping Professionals

## Wednesday, November 17, 2021

### Training Cost: \$85.00

SCIP Schools and Agencies: \$75.00

#### Cancellation/Refund Policy

1. Notice of cancellation or transfer must be emailed to the SCIP office by November 12th
2. No refunds after November 12th. Substitutions are allowed.
3. **Email cancellations or transfers to**  
**vhotsenpillar@lmep.com**

### Send Registration to:

SCIP—Valerie Hotsenpillar  
4600 Valley Road  
Lincoln, NE 68510  
vhotsenpillar@lmep.com  
Fax: 402-483-2882

Name (please print) _____		Title _____	
Organization/School _____			
Mailing Address/City/ State/Zip _____			
Daytime Telephone _____		Birthday (month/day/year) _____	
E-mail Address _____			
PAYMENT TYPE			
____ Check enclosed, made payable to LMEP-SCIP, for the amount of \$ _____			
____ Or please charge my: ____ MasterCard ____ Visa ____ Discover			
Card # _____			
Expiration Date _____		Security Code _____	
Cardholder Name _____		Signature _____	
Please Print or Type			

By sending in this registration, I agree to the cancellation and refund policies of SCIP.

School Community Intervention & Prevention is supported in whole or part by Grant #2B08T1010034 under the SAMHSA Center for Substance Abuse Treatment and the Nebraska Division of Behavioral Health and monies passed through by Region 4 and Region V to prevention providers (\$145,170 or 54%) and \$121,933 or 46% from non-governmental entities.

School Community Intervention and Prevention is a program of Lincoln Medical Education Partnership  
4600 Valley Road, Lincoln, NE 68510 402-327-6851 www.scipnebraska.com