



# ALINA LODGE

operated by the Little Hill Foundation

61 Ward Road • PO Box G • Blairstown, NJ 07825  
(908) 362-6114 • www.alinalodge.org

## 2019 Fall Conference

Friday, October 4th, 2019 8:30 am – 4:30 pm

### MOTIVATIONAL INTERVIEWING: BASICS

*Presenter:*

**Stephen Andrew, LCSW, LADC, CCS, CGP**



Stephen R. Andrew, LCSW, LADC, CCS, CGP, is a storyteller, trainer and the Chief Energizing Officer of Health Education Training Institute. He maintains a compassion-focused private practice in Portland, Maine USA where he also facilitates a variety of young person, men's, co-ed, couples and caregiver groups.

Stephen is a member of the International Motivational Interviewing Network of Trainers (MINT) since 2003. He is a MIA-STEP trainer (Motivational Interviewing Assessment; Supervisor Training Program) for the New England ATTC since 2007. Stephen has been Motivational Interviewing Treatment Integrity trained and has over 100 hours of training in

Motivational Interviewing. Stephen provides coaching and training domestically and internationally (Singapore, China, Holland, Sweden, Turkey & UK) for social service agencies, health-care providers, substance abuse counselors, criminal justice and other groups on motivational interviewing, addiction, co-occurring disorders, counseling theory, "challenging" adolescents, supervision and ethics for care professionals, men's work and the power of group work, as well as supervising a coding/coaching laboratory and training for Motivational Interviewing.

Stephen is the proud father of a 21year-old son, Sebastian and co-author of Game Plan: A Man's Guide to Achieving Emotional Fitness.

#### **Course Description: Using Motivational Interviewing Working with Substance Misuse**

This is a workshop on Motivational Interviewing, the evidence-based practice method of communication with a focus on dealing with substance use, misuse and abuse and co-occurring disorders. After orientation to the underlying spirit, structure and principles of Motivational Interviewing, practical exercises help participants to strengthen empathy skills, recognize, elicit and strengthen "change talk", and roll with conflict. Research evidence is reviewed for the efficacy of using Motivational Interviewing with substance use, misuse and abuse and co-occurring disorders and for the importance of the caregiver and the working alliance toward positive outcomes.

### OBJECTIVES

Upon completion of this training participants will be able to:

1. Recognize what motivational interviewing (conversation) is as a general set of concepts.
2. Identify how it can be used to improve outcomes for people who misuse substances and the well being of their family members.
3. Recognize situations where motivational interviewing is useful, (chronic) as well as situations where it is less useful.
4. Begin to develop an understanding of theoretical explanations for using motivational interviewing with family members.
5. Evaluate how motivational interviewing can work in practice within a number of different clinical scenarios.

#### **COST: \$95.00 per person**

Name(s) \_\_\_\_\_ Email: \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_ Phone: \_\_\_\_\_

License Type:  LCSW  SW  LCADC  CADC License/Certificate # \_\_\_\_\_

**Payment by Check:** Make Check payable to Little Hill Foundation. Mail to: Box G, Blairstown, NJ 07825

**Payment by Credit Card:**  Visa  Mastercard  AMEX  Discover Purchase Amount: \$ \_\_\_\_\_

Name on Card \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Verification # \_\_\_\_\_

Billing Address (if different from above) \_\_\_\_\_

# FALL CONFERENCE SCHEDULE

## 8:30 am Registrants Sign In

## 9:00 am - 10:30 am Morning Session

- Guidelines: Getting to Know the Challenges
- Definition and Spirit of MI
- Listening – Presence, Interest, and Curiosity
- Exercise: Hopes and Dreams Conversation

## 10:30 am - 10:45 am Break

## 10:45 am - 12:30 pm Morning Session

- What we say – What Motivates People?
- Motivators – characteristics/values – The spirit of Motivational Interviewing
- Exercise: Michelangelo – reflections
- Health Wheel – 3 Way Conversation

## 12:30 pm –1:30 pm Lunch Buffet

## 1:30 pm - 2:45 pm Afternoon Session

- Skills/Strategies – OARS – Exercise: Beginning Practice, 2 Way
- Empathic Reflection – Batting Practice
- Learning to code/coach colleagues
- Motivational Interviewing Spirit
- Empathic Reflection-learning to code/coach colleagues

## 2:45 pm - 3:00 pm Break

## 3:00 pm - 4:30 pm Afternoon Session

- Open, Closed Questions – Exercise: Affirmation Circles
- Change Talk Quiz – Drumming
- Key Learning
- What's Next?
- Evaluation

**Course length:** 6 hours

**Number of continuing education credits requested for course  
(one (1) credit for each hour of course work):** 6 credits

**Fee:** \$95 per person

- Please contact Alina Lodge, 908-362-6114 for information about continuing education credits for social workers.
- Credits have been approved by the Certification Board for Continuing Education credits for CADC, LCADC licenses.
- Our facilities are handicapped accessible. If you require special accommodations due to a disability, please contact Silvana at 908-362-6114 before registering.
- All complaints/grievances will be evaluated by Alina Lodge staff who will communicate with the attendee personally either verbally or in writing.
- Due to the limited number of spaces available, no refunds will be issued.

**The conference will be held at Alina Lodge, 61 Ward Road, Blairstown, New Jersey.  
Please report to Memory Hall where there will be a Continental Breakfast Buffet.**



## ALINA LODGE Founded 1957

Alina Lodge is legendary for its no-nonsense structured approach to treatment.

We are pleased to carry on that tradition and provide the same core program today, with comprehensive individualized treatment.

908-362-6114  
www.alinalodge.org



## HALEY HOUSE Women's Transitional Living

Haley House offers a new beginning for women seeking recovery in a supportive, nurturing environment. Our beautiful new 14 bed transitional living home provides women a dignified residence with a clinically driven 12 step based program to foster healing and growth.

908-362-5417  
www.haleyhousewomen.org



## NORTH WARREN COUNSELING CENTER

Recently we have identified the need in our community to provide short term outpatient care with the understanding that early intervention is crucial. NWCC offers a comprehensive treatment experience for families struggling with mental health and substance abuse.

908-362-5700  
www.northwarrencounselingcenter.org