



# Motivational Interviewing: Combining MI and CBT Interventions

Presented by Kristin Dempsey, LMFT, LPCC, Ed.D.

## Target Audience:

MCBH and Provider Licensed and Licensed Eligible Staff

**Backout Code: 2005**

## Course Description:

This training will identify core MI and CBT concepts and consider where the best place is to use each and how can we think through using them both together. Participants will practice useful skills and interventions that they can use immediately in their practice. Fidelity tools used to ensure proper adherence to the model will also be discussed, as will ways to use MI in rehabilitation, case management, psycho educational, and therapy settings.

## As the result of this training, participants, we will be able to:

- List the four processes of MI and identify where at least three cognitive behavioral interventions would fit in the model.
- Determine at least two strategies that will help clients focus on their treatment goals.
- Create at least one treatment plan based on SMART goals.
- Use at least three interventions to that will help promote change talk and/or change goals.



**Kristin Dempsey, LMFT, LPCC, Ed.D.,** has provided psychotherapy in the Bay Area for almost 25 years. Dr. Dempsey's areas of clinical interest include treatments for co-occurring mental health and substance use disorders, complex trauma in childhood and adolescence, eating disorders, panic/anxiety, and many behavioral challenges such as anger management and impulse control disorders. In addition to clinical work, Dr. Dempsey trains providers in several evidence-based and promising practices. She is a member of the Motivational Interviewing Network of Trainers, and has experience teaching and training cognitive behavioral therapy (CBT), cognitive behavior therapy for psychosis (CBTp), & dialectical behavior therapy (DBT).

## Offerings

March 19, 2020

Location: Marina Training Center  
Start: 9:00 AM End: 4:30 PM

*Snacks Provided.  
Lunch on Your Own*

## Registration

**Cost:** No Fee

**Enrollment**  
myLearningPointe

**Continuing Education**  
Six (6) Credits for: LCSW, LMFT, LPCC, LEP  
**See other side of flyer for details**

# Continuing Education Information

## To receive CE credits, participants must:

- Attend the course in its entirety. Partial credit for partial attendance cannot be granted.
- Sign-in and sign-out at the beginning and end of the day, respectively.
- Complete and turn in an evaluation for the course.

## Following successful completion of the course:

CE Certificates *either* will be

- Available on myLearnignPointe.

## BBS Licensure:

### Motivational Interviewing: Combining MI and CB Interventions

meets the qualifications for **6.0 hours** of Continuing Education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Monterey County Behavioral Health (MCBH) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs.

MCBH {Provider Number 70472} maintains responsibility for this program/course and its content.

## Contact Information:

### • Accommodations related to access or food:

- MCBH Training Department: 831-755-4727 or [415-Training@co.monterey.ca.us](mailto:415-Training@co.monterey.ca.us).

### • Concerns or Grievances

- Jill Walker, Ph.D., MCBH Training Manager, at 831-796-1271 or [walkerj@co.monterey.ca.us](mailto:walkerj@co.monterey.ca.us), or
- MCBH Quality Improvement, 831-755-4545

### • MCBH's Policy regarding CE credits {Policy 207}:

- <http://qi.mtyhd.org/index.php/policies-and-procedures-2/>