

INTERNATIONAL CONFERENCE ON MOTIVATIONAL INTERVIEWING

June 18-21, 2017

The Hilton at Penn's Landing - Philadelphia, PA

Lee Stein – Final Report

Attending this conference with other trainers of Motivational Interviewing from all over the world was an extraordinary professional development experience for me. Not only did I attend over 25 hours of unique workshops, I also had the ability to network with professionals working across diverse populations and practice settings. As a result I can apply a tremendous amount of what I learned in my various classes, and also in the various faculty development trainings I provide regularly on campus. These include strategies to engage students, creating a collaborative classroom dynamic, managing challenging students, etc. I will certainly use some of the skills I gain in my work as a Title IX investigator.

While this was a research driven conference (there are over 800 clinical trials involving MI), there was ample opportunity for the application of theory to practice. The workshops I attended include:

- ✓ Implementation Science and Motivational Interviewing – Research Brainstorming and Planning Forum. In this ½ day workshop followed up by a 2 hour plenary session expanding this topic the following day, I increased my knowledge and ability to design, budget and apply for grant-funded research integrating implementation science models and methods. This will directly help in my PI responsibilities with our ongoing grant with the Dept. of Human Services – Child Welfare Services Continuous Quality Improvement Project.
- ✓ The Successful Integration of MI in Healthcare – The information in this 2-hour workshop is directly applicable to the Human Services program Community Health Worker (15 credit Certificate of Competence). I will share relevant information with my program colleagues and the Health sub-committee of my Community Advisory Committee.
- ✓ Session on Change Talk – Focus – How client preparatory language promotes stronger verbal commitment and the role of the MI therapist. This helped me see ways I can help students better understand the differences between ‘preparation (to change) talk, and actual ‘change talk’ as they do role-play practice in class. I will also share this with counseling staff when Cynthia Cary and I present a MI workshop to them this coming fall semester.
- ✓ MI and Youth – I learned a brief-MI intervention for intoxicated young adults. I will share aspects of this in my Substance Abuse Counseling class when we cover adolescents and young adults.
- ✓ Health and Fitness Coaching – Integrating MI and Fitness Coaching for delivery by Community Health Workers. I will share this information with instructors of our CHW courses. The focus was to improve chronic illness management.
- ✓ Plenary – Bill Miller – MI & Carl Rogers’ Clinical Science; and MI vs Health Education – Two pathways to change? This was a fascinating journey to the early

roots of MI and exploring various pathways to change with aspects of MI infused throughout.

- ✓ MI for conversations about sexuality and intimacy in mental health settings.
- ✓ MI Groups – 3 MINT trainers shared 1) a teacher training program for a group MI intervention to prevent alcohol misuse in secondary schools, 2) Positive psychology groups for returning combat veterans, 3) Group MI Lowers Substance Use and Enhances Treatment Engagement. I will synthesize some of this content into my classes.
- ✓ Death talk in end-of-life-care – Can MI help? The answer is YES! Excellent workshop.
- ✓ Hope, Meaning, Empowerment & Restorative Communities – MI and the Recovery Model – effects of hope, meaning and empowerment on service participation in a Recovery program.
- ✓ MI Group for Dual Disorders – a group demonstration. Helpful for our Group Counseling Class.
- ✓ Final Plenary – This was a lively exploration of the ‘itchy ethical issue’ of persuasion and influence and discussion of the ethics of some practitioner’s use of MI to overtly persuade.

I am incredibly grateful for the financial support provided to me so that I could attend this dynamic and engaging conference. While I touched upon ways I will use the knowledge and skills to enhance my teaching and work with colleagues, I can say that this opportunity also benefitted me personally in significant ways. Just being in the presence of more than 200 MI researchers and practitioners for 4 days was incredible in and of itself. I often tell my students that education can enhance and change your world-view, and this experience brought that point home.

Mahalo!