

CONT. ED: MOTIVATIONAL INTERVIEWING (MI) SERIES #3: FLEXING YOUR MI MUSCLE



Description: Motivational Interviewing Workshop #3 – Flexing your MI muscles

Goal: Developing Proficiency and Practical Application of MI skills

We'll also have time for more case consultation and investigating specific scenarios, including cultural differences, applications to various populations, modifications for various situations.

Learning Objectives: At the conclusion of this MI training, attendants will be able to accomplish learning objectives, as follows:

- Continue to build skills in Open-Ended Questions, Affirmations, Reflections, and Summaries (OARS)
- Learn to use tools such as importance ruler, agenda map, decisional balance pros and cons.
- Develop understanding of MI Adherent Behaviors and how they can be utilized: emphasis on choice, seeking collaboration and affirmations of strengths
- Introduce coding on the MITI (Motivational Interviewing Treatment Integrity)



**JEANNE LOUTHER,
MS, LPC, SAC, MINT
MEMBER**

Jeanne Louther, MS, LPC, SAC, is the Team Lead for the OARS (Opening Avenues to Reentry Success) and Keystone programs at Journey. Jeanne has 9 years of clinical experience in different settings, starting with Chrysalis as an Employment Specialist and then with Journey as a case manager at CTA (Community Treatment Alternatives) before moving to her present position with OARS/Keystone. Jeanne has studied Motivational Interviewing for the last 9 years, completing the advanced certificate program in 2015 and has been serving as a coach for MI at the CTA, conditional release and OARS programs for the last 6 years. As MI coach, Jeanne has attended several state-wide "Coaching the Coaches" seminars for MI and works intensively with staff on a 1:1 basis on implementing MI into their individual practices. In 2021 she was selected to attend the Motivational Interviewing Network of Trainers (MINT) international training to become a trainer in MI. Jeanne works daily with people with severe addictions and is a licensed Substance abuse counselor.

Jeanne happily co-exists with three dogs, two cats, a bird and several fish. In her former life, she owned and operated an equestrian center where she trained and taught people to ride horses in dressage. Hobbies include learning to play guitar, sailing, kayaking and gardening.



**SONJA WORTHY,
MSW, APSW**

Sonja Worthy, MSW, APSW is a Clinical Case Manager with Journey's Targeted Case Management program Keystone Community Services (KCS). Sonja works with individuals with severe and persistent mental health disabilities, substance use concerns, chronic suicidal ideation, and formerly incarcerated folks to develop life worth living goals and decrease recidivism with hospitalizations and incarcerations. Sonja earned their Master's in Social Work at UW Madison and completed their MSW internship at Journey's CTA (Community Treatment Alternatives) program. They have 8 years of clinical experience within community mental health programs including the Dane County Care Center, THP (Tellurian's Transitional Housing Program), CTA, and now at KCS. Sonja has studied Motivational Interviewing for approximately 5 years and is part of the DHS MI Implementation team. Sonja also has experience working within the LGBT and Queer communities in Madison doing community trainings to assess for suicide risk and build de-escalation skills.

Date : Thursday, April 27, 2023
Time: 9:00 am to 12:00 pm
Presenter: Jeanne Louther, MS, LPC, SAC, MINT member & Sonja Worthy, MSW, APSW
Cost: \$75
Continuing Education Hours: 3.0 hours
Where: Virtual through Zoom
Visit our website to register at journeymhc.org

3.00 CE NBCC/ACEP HOURS*

*Journey Mental Health Center has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6760. Programs that do not qualify for NBCC credits are clearly identified. Journey Mental Health Center is solely responsible for all aspects of this program.

