

Motivational Interviewing and CBT: Combining Strategies for Maximum Effectiveness

Proposal for Pre-Forum One-Day Workshop

AGENDA:

1. Rationale and model for Integrating MI and CBT
2. Integrating MI and CBT Assessment
3. MI-CBT Treatment Planning
4. Practicing CBT Elements from an MI foundation
 - for multiple behaviors including substance abuse, mental health, and health behavior change
 - for multiple CBT skills including cognitive skills, behavioral skills, and emotional regulation skills
5. Training Issues

By the end of the course you can expect to:

- Understand CBT's and MI's compatible elements and how they can be integrated to form one coherent therapeutic intervention
- Adapt CBT assessments for an integrated MI/CBT treatment approach
- Use MI Spirit in treatment planning
- Demonstrate the ability to use MI and CBT relevant skills according to clients' needs.

About the Trainers:

Sylvie Naar, Ph.D., is a leader in the field of MI research and practice across many behaviors and settings. Sylvie is the author of Motivational Interviewing with Adolescents and Young Adults and a new book with Guilford Press, Motivational Interviewing and CBT. She is a Professor of Family Medicine and the Director of the Division of Behavioral Sciences at Wayne State University.

Maurice Bulls, M.Ed. is a full-time MI trainer. His current focus is on adapting MI to map on to the language of minority clients and using cooperative learning teaching methods for an engaging, interactive training experience.