



Motivational Interviewing, Depression & CBT Practical Skills for Social Workers

Course Description

This 5-hour skills-based training equips social workers with practical strategies for integrating Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT) when working with clients experiencing depression.

Participants will explore how depressive symptoms impact motivation, energy, and engagement, and how MI can be used to increase readiness before introducing CBT tools such as behavioral activation and cognitive restructuring.

Intended Audience

Licensed social workers, associate social workers, school social workers, and behavioral health clinicians working with adolescents or adults experiencing depression

Date: April 9, 2026

Time: 9:00AM to 3:00PM
(30 minute lunch on your own)

Location: ASU School of
Social Work – Tucson
Campus Tortolita Building,
Room 230
340 N. Commerce Loop,
Tucson, AZ 85745

Continuing Education

Credit- This program is approved to provide **5.0 continuing education hours** by the ASU School of Social Work
(Approval # 0130)

Cost & Registration

\$5.00 for ASU Social Work students Register at:

<https://tinyurl.com/2s42u6ej>

or contact Jamie Martin, ASU School of SW Office Supervisor
jamie.martin@asu.edu

\$325 for professionals

Register with Mary Dillon,
Motivational Interviewing
Learning Exchange at
mdillon@milearningex.com

ASU School of
Social Work
Arizona State University