



# MOTIVATIONAL INTERVIEWING AS A TOBACCO CESSATION INTERVENTION

*This is a skill building workshop on how to perform one-on-one motivational tobacco cessation interventions.*

## Lead Trainer:

Cathy McDonald, M.D., MPH, ATOD Project Director

### Description:

Participants will learn basic motivational interviewing techniques related to Stages of Change. The workshop will include demonstrations and practice time on how to conduct one-on-one tobacco cessation interventions for situations requiring behavioral changes.

### Who Should Attend:

Clinical Staff of substance abuse, mental health and primary care providers, Health Educators, Community Cessation Facilitators, Case Managers, Home Health Care Workers, Nurses, Physicians and other healthcare providers.

### Learning Objectives:

At the end of the training, participants will be able to:

- Understand the principles of motivational interviewing as a therapeutic technique;
- Understand the advantage of using motivational interviewing as a tobacco cessation intervention;
- Be able to conduct a simple motivational interview related to tobacco.

**Wednesday, Mar. 14, 2012**

**8:30 a.m. - 12:30 p.m.**

**FREE training. FREE Parking**

Behavioral Health Care Services

2000 Embarcadero, 4<sup>th</sup> Floor

(off 16<sup>th</sup> St. exit - 880 South)

Oakland, CA 94606

In the Gail Steele Room

**For more information, please call**  
Judy Gerard at 510-653-5040 x 349.  
Please register using the form below.

This training is sponsored by Alameda County Behavioral Health Care Services (BHCS) in contract with the Alameda County Provider Network for Tobacco Dependence Treatment and Cessation, located at Thunder Road Adolescent Treatment Center in Oakland, CA. (Thunder Road is an affiliate of Alta Bates Summit Medical Center and Sutter Health).

**CEU Credits:** This course meets the qualifications for 3.5 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider Approval Number PCE 307, the California Board of Registered Nurses, BRN Provider Number 12040, and California Association of Alcoholism and Drug Abuse Counselors (CAADAC), Provider Number 4C-04-0612. Certificates of Attendance issued for counselors registered with a Statebe issued for counselors registered with a State Certifying organization.

## REGISTRATION FORM

Please FAX registration to Rosalyn Moya at 510-653-6475

or Email the following information to moyar@sutterhealth.org

**IMPORTANT: Registration deadline is March 12, 2012. Please register early.**

NAME: \_\_\_\_\_ AGENCY: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

DISCIPLINE: \_\_\_\_\_ LICENSE #: \_\_\_\_\_

***Because of budgetary constraints in Alameda County, we will be unable to provide food.***

***Please bring your own snacks and beverages.***