



# INTRODUCTION TO MOTIVATIONAL INTERVIEWING AS A TOBACCO CESSATION INTERVENTION

Lead Trainer:

Cathy McDonald, M.D., MPH

**Description:** This is a skill-building training on how to perform one-on-one motivational counseling. 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 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 Oct. 13, 2010**

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

Training is **FREE** - plenty of free parking

**Held at:** Behavioral Health Care Services  
2000 Embarcadero Cove, 4th Floor  
Oakland, CA 94606  
Gail Steele Room – formerly Alameda Room

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

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 in Oakland, CA.

**CEU Credits:** This course meets the qualifications for **3.5 hours** 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 can be issued for counselors registered with a State Certifying organization

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**REGISTRATION FORM**

**Please FAX registration to Rosalyn Moya at 510-653-6475 or Email the following information to: [moyar@sutterhealth.org](mailto:moyar@sutterhealth.org) - IMPORTANT: Registration deadline is Oct. 11, 2010.**

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

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

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

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

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

*Because of budgetary constraints, we will be unable to provide food.  
Please bring your own snacks and beverages.*