

CE WORKSHOPS

119TH APA ANNUAL CONVENTION

AUGUST 3, 2011 WASHINGTON, DC

Using Motivational Interviewing Strategies and Techniques to Help Patients Change Risky/Problem Behaviors

(This workshop is jointly sponsored by the APA Division 12 Society of Clinical Psychology and the APA Continuing Education Committee.)



Date: Wednesday, August 3, 2011

Time: 8:00 am-3:50 pm

CE Credits: 7

Workshop Description

This INTERMEDIATE workshop will teach attendees motivational interviewing (MI) skills to work more effectively with their patients. Initially developed for resistive substance abusers, MI has been adapted to address other health behaviors and conditions (e.g., dual disorders, smoking, diet, physical activity, HIV screening, sexual behavior, diabetes control, gambling, medical adherence, depression). MI is a collection of strategies and techniques from existing models of psychotherapy and behavior change. A key goal is to assist individuals who are ambivalent or low in readiness to change. MI techniques and strategies will be demonstrated using role-play, videotaped clinical vignettes, and case examples. Participants will learn how to use decisional balancing and readiness rulers to evaluate and promote readiness for change.

Presenter(s): Linda C. Sobell, PhD, Nova Southeastern University, Ft. Lauderdale, FL

MARK YOUR CALENDAR!

ENROLLMENT OPENS APRIL 15, 2011. SPACE IS LIMITED.

ENROLL ONLINE at <http://www.apa.org/convention> or call the CEP Office at 800-374-2721, ext. 5991.

Fee	Early Bird*	Regular
Member	\$220	\$275
Nonmember	\$260	\$335

***Early Bird enrollment fee ends June 30, 2011.**

Regular enrollment fee begins July 1 through August 7, 2011.

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**APA OFFICE OF CONTINUING EDUCATION IN
PSYCHOLOGY & CONTINUING EDUCATION COMMITTEE**

This workshop has been reviewed and approved by the APA Continuing Education Committee (CEC) to offer continuing education (CE) credit for psychologists. The APA CEC maintains responsibility for the content of the program. Full attendance at the workshop is required to receive CE credit. No partial credit is awarded; late arrival or early departure will preclude awarding of CE credit.

