

Motivational Interviewing/ Cognitive Behavioral Therapy: An Evidence Based Approach

Target Audience

This program has been planned for substance abuse professionals, psychologists, social workers, case managers, counselors, and others who work with the adolescent substance abuse population. Other interested mental health professionals that work with adolescents are invited to attend.

Program Description

As demonstrated through the Cannabis Youth Project study (NIDA, 1998) a brief Motivational Interviewing and Cognitive Behavioral Therapy Approach combined (MET/CBT 5) leads to improved outcomes for adolescents with substance use concerns. This workshop will review and demonstrate the 5 sessions of MET/CBT 5 as well as discuss the variety of ethical, legal and family challenges associated with the application of this model with the adolescent substance abuser. This session will discuss these challenges as well as the potential strategies for addressing these concerns in application of the MET/CBT approach with adolescents.

Presenter

Paul D. Nagy, MS, LPC, LCAS, CCS is a Licensed Clinical Addictions Specialist and a Certified Clinical Supervisor in the Substance Abuse field, as well as a Licensed Professional Counselor. Paul is currently a Clinical Associate in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center.

Cost: **FREE**

Sponsored by The Durham Center. Training only available to Durham County providers. There is no fee for registration, but please register using the attached form as soon as possible. Class size is limited.

Objectives

Upon conclusion of this program, participants should be able to:

- Provide a brief overview of the science based understanding of addiction and related implications for working with adolescents.
- Review principles and techniques of motivational interviewing.
- Review principles and techniques of cognitive behavioral therapy
- Learn, demonstrate and practice the MET/CBT 5 model.

Credits

1.20 CEUs will be awarded to participants who attend 100% of this program. Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. (12.0 Contact Hours) This program will provide 12.0 contact hours (category A) continuing education credit to NC Psychologists. Application has been made to the North Carolina Substance Abuse Professional Practice Board for up to 10.0 hours of Substance Abuse Specific Skill Building credit for this program.

No partial credit will be given. Participants must attend all four sessions to receive credit. Individuals arriving 15 minutes or more after the starting time will not be eligible for credit.

March 22, 29 & April 12, 26, 2010

Registration: 1:30 pm
Program: 2–5 pm

The Durham Center
501 Willard St, Durham, NC

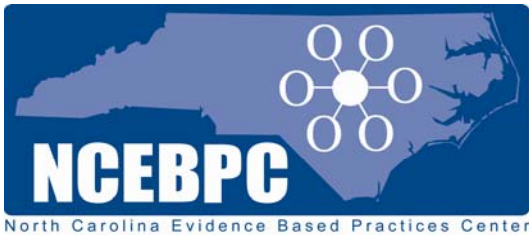
Program Code: EBP100322, CASCE #30221

To register, complete and return the attached registration form.



In affiliation with
Duke University Medical Center
Part of the NC AHEC Program

This program sponsored by
The Durham Center



Motivational Interviewing/ Cognitive Behavioral Therapy: An Evidence Based Approach

March 22, 29, April 12, 26, 2010 (CASCE #30221)

Registration: 1:30 pm, Program: 2 pm to 5 pm each day.

Sponsored by The Durham Center: *Training only available to Durham County providers.*

To register:

Fill out this form electronically & email it to:

Kate.Smith@NCEBPCenter.org

Or fax this form to: 910-323-0674

Or mail this form to:

SR-AHEC, Attn: Registrar

1601 Owen Dr., Fayetteville, NC 28304

Dr. Mr. Mrs. Ms.

Name:

Last 4 digits of SSN:

Degree:

Home Address:

City, State, Zip:

Home County:

Hm. phone:

Preferred Email address:

Employer:

Work Address:

City, State, Zip:

Work phone:

Fax:

Work County:

Job Title:

Your Specialty Areas:

(i.e., substance abuse, developmental disability, etc.)

Please note: We need the last four digits of your social security number to register you for any program. We need your email address to send your training certificate. Please print or type.

Important Information

Substitutes/Refunds/Transfers

If you register for a program and cannot attend, you may:

- Send a substitute;
- Cancel 48 hours in advance.

Questions And Suggestions

Please contact John Bigger at (910) 678-7207 or Kate Smith at (910) 678-7305, at 1601 Owen Drive, Fayetteville, NC 28304. Or you may email John at john.bigger@sr-ahec.org or Kate at kate.smith@sr-ahec.org.

Our Promise To You

Southern Regional AHEC strives to offer the highest quality educational programming. If, for any reason, any of these programs do not meet your needs, please let us know. We value your feedback and will resolve the issue to your satisfaction.

Mailing List

To be added to our mailing list:

https://www.southernregionalahec.org/professionals/mailling_list2.asp

American With Disabilities Act

If you need any of the auxiliary aids or services identified in the Americans With Disabilities Act of 1990 in order to attend any of these programs, please call (910) 678-7305.

Agenda:

Day One:

2:00 – 3:30 Understanding adolescent substance abuse and treatment research
 3:30 – 3:45 Break
 3:45 – 5:00 Principles of change and the trans-theoretical model of change

Day Two:

2:00 – 3:30 Motivational Interviewing philosophy, assumptions and principles
 3:30 – 3:45 Break
 3:45 – 5:00 Motivational Interviewing Skills and Techniques

Day Three:

2:00 – 3:30 MET/CBT 5 model overview
 3:30-3:45 Break
 3:45-5:00 MET/CBT 5 implementation strategies

Day Four:

2:00 – 3:30 Role plays and feedback
 3:30 – 3:45 Break
 3:45 – 5:00 Role plays, feedback and wrap up



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