

BAY COUNSELING SEMINARS

Motivational Interviewing: Past Practice and Newest Developments

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Portland, Falmouth, and Belgrade, ME**

**Friday, November 18, 2011
9:00 A.M. to Noon**

Location: Offices of Bay Psychology, 120 Tillson Avenue, Suite 201, Rockland, ME

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Description:

This workshop provides an overview of the research and beginning skills in motivational interviewing (MI). Importantly, it also covers recent changes made to MI and first presented by the authors in September 2011. MI is a client-centered counseling method for exploring how and why a person might change, and is based upon a guiding style. Its principles and techniques match those known to produce positive outcomes with mandated as well as voluntary clients, and has gained currency among paraprofessionals as well as clinicians (e.g., Marshall, 2005). MI can be very useful for motivating people who are ambivalent about change and ambivalent about engaging in treatment.

Learning Objectives

1. Review psychotherapy outcome research
2. Review 4 principles and the fundamental mindset underlying motivational interviewing
3. Review 4 key skills involved in motivational interviewing

Presenter:

David Prescott has worked in and around inpatient settings since 1984, and specifically with individuals who have sexually abused since 1987. He has a strong interest in sharing resources, networking, and training to increase knowledge in these fields. Specifically, his clinical and training interests focus on motivational enhancement, developing and maintaining therapeutic relationships, and assessing treatment progress. Mr. Prescott currently serves as Clinical Director for the Becket Programs of Maine, which provide treatment for troubled youth in Maine and New Hampshire. Prior to his move to New England, he served as the Clinical Director at the Minnesota Sex Offender Program in Moose Lake, Minnesota and Treatment Assessment Director at the Sand Ridge Secure Treatment Center in Mauston, Wisconsin. In this position, he oversaw the progress of patients and groups of patients and coordinates an early stage of the conventional treatment track. From 1992-2004, Mr. Prescott worked as a Clinical Supervisor at Bennington School, Inc., and has been a consultant to that program ever since.

Mr. Prescott has published eight books on the assessment and treatment of people who have sexually abused. He has written a number articles and book chapters in these areas as well. Mr. Prescott is on the International Advisory Board for the *Journal of Sexual Aggression* and a Section Editor for the formative journal *Motivational Interviewing: Training, Research, Implementation, Practice*. He currently writes articles for the NEARI Press Newsletter, which has a monthly circulation of over 4,000. Mr. Prescott is the Past President of the Association for the Treatment of Sexual Abusers (ATSA), edited of that organization's newsletter, *The Forum*, from 2002-2007. He is currently that newsletter's Review Editor. Mr. Prescott is a charter member of the International Association for the Treatment of Sex Offenders and has also served on the board of directors for Stop It Now!, an organization dedicated to the prevention of sexual abuse. Mr. Prescott is also a member of the Motivational Interviewing Network of Trainers (MINT), an international organization devoted to a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

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Continuing Education:

Bay Counseling Seminars has been pre-approved by the Maine Board of Examiners of Psychologists to offer Category I CEUs for psychologists and psychological examiners. This seminar meets the criteria established by the Board for three (3) hours of **Category I Continuing Education Units**. This seminar also meets the criteria for continuing education for licensed professional counselors and social workers.

This seminar has been planned and implemented in accordance with the Essential Areas and Policies of the Maine Medical Association's Committee on Continuing Medical Education and Accreditation (CCMEA) through the joint sponsorship of Penobscot Bay Medical Center and Bay Counseling Seminars. Penobscot Bay Medical Center is accredited by the CCMEA to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity. Application has been made for three (3) hours of **Category I CME credits**.

<p>Please make your reservations early. There is a limit of twenty-five registrations for this seminar.</p> <p>The fee for this seminar is \$50.</p> <p>Please call Robert Dodge at 594-1938 or e-mail; rdodge@midcoast.com to reserve your space.</p> <p>Hope to see you there.</p>
