

**Philadelphia College of Osteopathic Medicine Department of Psychology**

*“Introduction to the Motivational Interviewing Treatment Integrity Code (MITI Version 4.2.1):  
A Workshop for Clinicians and Educators”*

**Thursday, June 22 & Friday, June 23, 2017**

**Location: EH 334A/B**

**Registration and Welcome - 8:30 A.M.**

**9:00 A.M. – 12:00 P.M., lunch on your own, 1:00 P.M. - 4:00 P.M. (both days)**

*Scott Glassman, PsyD and Suzanne (Sue) EckMaahs*

**Title of Presentation:**

*“Introduction to the Motivational Interviewing Treatment Integrity Code (MITI Version 4.2.1):  
A Workshop for Clinicians and Educators”*

**Description of Presentation:**

Motivational Interviewing (MI) is an evidence-based conversational style for strengthening a person’s own desire and commitment to making positive, healthy changes. Since its development 30 years ago, MI has accumulated a vast body of research supporting its effectiveness in reducing addictive behaviors, enhancing treatment engagement, and promoting health behavior change. As the practice of MI continues to gain popularity across a broad range of settings in the educational, healthcare, and criminal justice fields, developing practitioner competency in MI has become an essential need. This dynamic 2-day workshop will introduce participants to the Motivational Interviewing Treatment Integrity Coding System (MITI), version 4.2.1., a measurement approach that fosters an in-depth understanding of MI’s spirit and method while teaching participants how to critically evaluate MI skills. Following an introduction and discussion of the tool, learners will have extensive practice with the MITI coding method for recognizing and assessing common elements of practitioner competence in Motivational Interviewing. A variety of practice tapes for coding will allow participants to evaluate the use of MI for weight loss, physical activity, smoking cessation, substance use, medication compliance, and youth behavior choices. Special emphasis will be placed on the use of MITI coding to inform supervision, coaching, and MI practitioner development. The presenters will use the clinical and empirical literature as well as practice knowledge in this area to continue supporting best practice, helping systems that incorporate MI into their service delivery efforts to achieve and sustain the highest levels of proficiency.

**Educational Objectives:**

Based on the presentation, the participants will be able to:

- Evaluate practitioners' MI skills using verbal anchors for four critical dimensions of Motivational Interviewing: Cultivating Change Talk, Softening Sustain Talk, Partnership and Empathy.
- Assign behavior codes for ten clinician behaviors integral to Motivational Interviewing.
- Discuss methods for giving feedback in supervision, coaching or mentoring using the MITI Coding Tool.
- Articulate and plan next steps for becoming fully competent in MITI coding using the 4.2.1 tool.

### **Suggested Readings**

Glassman, S. & Watson, K. (2017). Motivational interviewing. In A. E. Wenzel (Ed.), *Encyclopedia of Abnormal and Clinical Psychology* (pp. 2147-2150). Thousand Oaks, CA: Sage.

Rollnick, S., Miller, W. R., & Butler, C. C. (2008). *Motivational interviewing in health care: Helping patients change behavior*. New York, NY, US: Guilford Press.

### **ABOUT THE SPEAKERS:**

Scott Glassman, PsyD, MS, MS.Ed. is a licensed PA psychologist, Associate Director of the MS Program in Mental Health Counseling in the Department of Psychology at PCOM, and Director of the PCOM Primary Care Group Wellness Program. Dr. Glassman has provided counseling services at Thomas Jefferson University and Jewish Family and Children Services in the areas of substance use treatment, health education, and risk prevention. He currently trains graduate students in patient-centered communication and has developed patient-centered medical home initiatives at PCOM that foster collaboration between counseling and psychology students and healthcare providers. He also assists with the integration of behavioral health in primary care. Dr. Glassman has been a member of the Motivational Interviewing Network of Trainers since 2012 and provides MI training for a variety of regional behavioral health organizations. His areas of interest include primary care psychology, positive emotions in motivational interviewing, cognitive behavioral approaches in primary care, brief consultation models, and recovery-oriented models of care.

Suzanne (Sue) EckMaahs is a member of the international MINT forum (Motivational Interviewing Network of Trainers) and Director of Clinical Quality for Vital Decisions, an organization that provides illness decision-making and support services. She brings over 20 years' experience in the technologies of human potential and change to her work with organizations. She has been practicing MI since 1993 and is highly sought locally and nationally as a trainer, coach/mentor, and trainer of trainers, as well as an advisor for implementation and quality assurance planning. She has provided large-scale training in MI for organizations and agencies that include Kaiser Permanente, Minnesota Department of Human Services, and the Mayo Clinic. Ms. EckMaahs has received training from leaders in the field of Motivational Interviewing, Bill Miller and Theresa Moyers, and provided quality assurance MITI coding training for the University of New Mexico Center on Alcoholism, Substance Abuse, and

Addictions. She has also worked extensively with professionals from the fields of mental health and substance use, primary care and public health, vocational and educational services, and court-mandated services.

**Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals**

**Level of Instruction: Intermediate**

**Number of CE Credits Offered: 12.00**

**Cost: \$150.00 – NON-PCOM Affiliates**

**\$0.00 – PCOM Faculty/Students & Affiliates**

### **Criteria for Earning CE**

For those attending this 12 hour program, you must sign into the session, attend the session in its entirety and complete and submit the evaluation at the conclusion of the session to be awarded a total of twelve (12) Continuing Education credits. Partial credits for this program are not available.

Psychologists: 12.0 CE hours/credits per event. The Philadelphia College of Osteopathic Medicine (PCOM) Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. PCOM Department of Psychology maintains responsibility for this program and its content.

NBCC Counselors: 12.0 CE hours/credits per event. Philadelphia College of Osteopathic Medicine, Department of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine's (PCOM) Department of Psychology is solely responsible for all aspects of the programs.

Licensed Social Workers: 12.0 CE hours/credits per event. The Philadelphia College of Osteopathic Medicine (PCOM) Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The PCOM Department of Psychology maintains responsibility for this program and its content. *The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. Social workers who meet the CE criteria will receive the Certificate of Attendance.*

*Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. Unless otherwise noted in the promotional materials, all PCOM Department of Psychology CE programs are free of charge. For any program where a fee is charged, there is a Refund/Cancellation Policy.*

**Refund/Cancellation Policy:** For any program that has a fee attached, the Department of Psychology requires that notification of cancellation be made no later than 3 business days before the day of the program. Full refunds are available for notifications for programs with fees

that are made within 3 business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

*Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Rachel Cuffeld-Gaymon, MBA., Coordinator of Continuing Education at 215-871-6533 or [Rachelcu@pcom.edu](mailto:Rachelcu@pcom.edu)*

## **Registration**

All PCOM clinical supervisors and faculty are invited to attend. Please pass on this invitation to others at your agency who directly supervise our students in approved practica or internships.

Please submit your registration online no later than June 16, 2017 by visiting [ContEd.pcom.edu](http://ContEd.pcom.edu) and click the “View Catalog” button.

If you have any questions about your registration, please contact:

Rachel Cuffeld-Gaymon, MBA  
Coordinator for Continuing Education  
Email: [RachelCu@pcom.edu](mailto:RachelCu@pcom.edu)

## **Directions to PCOM:**

### **From New York, New Jersey or New England**

- Take the New Jersey Turnpike South to the PA Turnpike Exit 6
- Continue into Pennsylvania onto RT 276 W. Exit onto RT 476 S
- Continue on 476 S to 76 E at Conshohocken
- Take I-76 East to the City Avenue Exit (aka City Line Avenue or U.S. Route 1 South)
- Take City Avenue South two blocks to Monument Road
- Make a left onto Monument Road, PCOM's entrance is on right. Follow signs to parking garage (flat fee \$5)

### **From Washington, D.C., Baltimore or Maryland**

- Take Interstate 95 North to Philadelphia. In Delaware, take 495-Philadelphia/Port of Wilmington (this by-pass will turn back into I-95)
- Look for signs to Interstate 76 West to Philadelphia - Valley Forge
- I-76 (follow signs to Valley Forge) at St. Joseph's University sign - stay in left lane and look for Exit City Avenue, Route 1 South
- Take City Avenue South two blocks to Monument Road
- Make a left onto Monument Road, PCOM's entrance is on right. Follow signs to parking garage (flat fee \$5)

### **From Philadelphia International Airport**

- Take Interstate 95 North
- Look for signs to Interstate 76 West to Philadelphia - Valley Forge
- I-76 (follow signs to Valley Forge) at St. Joseph's University sign - stay in left lane and look for Exit City Avenue, Route 1 South
- Take City Avenue South two blocks to Monument Road
- Make a left onto Monument Road, PCOM's entrance is on right. Follow signs to parking garage (flat fee \$5)

### **From the West**

- Drive east on the PA Turnpike to Exit #326 (old exit #24) (King of Prussia/Valley Forge)
- After the toll booth, follow signs for Philadelphia, Interstate 76 East
- Take I-76 East to the City Avenue Exit (aka City Line Avenue or U.S. Route 1 South)
- Take City Avenue South two blocks to Monument Road
- Make a left onto Monument Road, PCOM's entrance is on right. Follow signs to parking garage (flat fee \$5)

### **From Scranton/Wilkes-Barre**

- Take the Northeast Extension RT 476 S
- Continue on 476 S through the tolls. Take 76 E at Conshohocken
- Take I-76 East to the City Avenue Exit (aka City Line Avenue or U.S. Route 1 South)
- Take City Avenue South two blocks to Monument Road
- Make a left onto Monument Road, PCOM's entrance is on right. Follow signs to parking garage (flat fee \$5)

### **From Northern Suburbs/Route 1**

- Take US-1 S/E Roosevelt Blvd
- Merge onto US-1 S/City Ave E via Exit 339 on the left
- Take City Avenue South two blocks to Monument Road
- Make a left onto Monument Road, PCOM's entrance is on right. Follow signs to parking garage (flat fee \$5)