



Motivational Interviewing Course Information Document

Target Audience: Mental health care providers

Instructional Level: Introductory

Course Description: Motivational Interviewing (MI) is a type of conversation about change. It may be defined as a collaborative, goal-oriented style of communication that pays particular attention to the language of change – or no change. The MI conversation is designed to strengthen personal motivation for, confidence in, and commitment to a specific goal elicited and explored with a client emphasizing the person's own reason(s) for change within an atmosphere of acceptance and compassion (www.motivationalinterviewing.org).

MI was first introduced specifically for use in the addictions field, with the first article written by William R. Miller, PHD, in 1983. Since then, it has been utilized – and shown to be efficacious - in helping to motivate people towards positive change in many different settings and with various populations: criminal justice, health, pastoral care, teaching, mental health, adolescents, nutrition, and of course, addictions. *Motivational Interviewing* (the book) has been translated into more than 30 languages; it is now in its 4th edition and is the main volume in a series of books on using MI with specific populations (see www.guilfordpress.com).

Learning Objectives:

At the end of this course, participants will be able to:

1. Define what we mean by Spirit in Motivational Interviewing
2. Identify an example of OARS+I

Date and Time: Thursday, June 25, 2026, from 11:00 AM to 2:00 PM CST

Duration: 3 hours

Where: Zoom

Training Cost: \$50

Meet the Presenter

Dee-Dee Stout, MA

Member of MINT, Founding Member of CAHRT



Dee-Dee Stout, MA has several degrees including an undergraduate degree in Business Management as well as degrees in Psychology & Human Sexuality. She also earned a Special Major Master's degree in Health Counseling, focusing on substance use disorders and relapse prevention. Dee-Dee has extensive additional training in the substance use disorder/mental health/wellness fields with expertise in relapse prevention, trauma-informed work, harm reduction psychotherapy, MI, solution focused therapy, somatics, and more. She is currently a member of the international Motivational Interviewing Network of Trainers or MINT as well as a member of the California Association of Harm Reduction Therapists (CAHRT).

Certified in Brainspotting & Thought Field Therapy (TFT) or Tapping (EFT), Dee-Dee has received added training/certification in more than 15 other related approaches to behavior

change including relapse prevention, nutrition, harm reduction, and trauma-informed work. Dee-Dee has worked in SUD treatment in all modalities for nearly 40 years, maintaining a private practice for 35 of those years working with individuals, couples, and families. Additionally, she trains other professionals in evidence-based, client-centered approaches and outcome informed work. As someone with a long personal history of addiction, mental illness, chronic pain, and most recently autism, Dee-Dee always brings her personal story - and her advocacy - to any conversation.

Dee-Dee is currently Adjunct Associate Professor at St. Mary's College in Moraga, CA, teaching a course in their Graduate Counseling KSOE department as well as in their new trauma certificate program. She has been on faculty at numerous Bay Area colleges and universities over the past 35 years. Dee-Dee has also made numerous appearances as an invited speaker at conferences – including internationally - and has been interviewed on television, radio, film, podcasts, and print, discussing treatment issues, harm reduction, trauma-informed care, family coaching, and more. She has contributed to numerous best-selling books on addiction/SUDs issues as well as scholarly papers on treatment issues including trauma-informed work.

Finally, Dee-Dee is well known for her wicked sense of humor and her ability to make complicated topics accessible & entertaining. Her ground-breaking book, “Coming to Harm Reduction Kicking & Screaming: Looking for Harm Reduction in a 12-Step World,” is widely available and has received numerous positive reviews. The second edition, with co-author & novelist Joe Clifford, drops March 11, 2025.

Conflict of Interest: Dee-Dee Stout is the sole author of the first edition of *Coming to Harm Reduction Kicking & Screaming: Looking for Harm Reduction in a 12-Step World* (2009), as well as the author of its second edition, co-authored with Joe Clifford, which was released on March 11, 2025.

Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org one week prior to the workshop so that we may provide you with appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers attendees **2.75** Continuing Education (CE) Credits for participating in the 3-hour training. Participants who attend are eligible to receive 2 CE Credits. To obtain CE Credits, participants must attend the entirety of the training. Inquiries regarding CE may be directed via email to admin@strongstartraining.org.

Our continuing education credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.

Cancellation, Substitutions, and Refunds

Registration fees, minus a \$25 service charge, will be refunded to participants who send a written cancellation via email to admin@strongstartraining.org sent no less than 15 days before the

training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training. Alternative, you may choose to reschedule to a future Learning Community with no additional cost.

For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org.

AGENDA

Motivational Interviewing (MI)

Please note Agenda time is based on **Central Standard Time Zone**

11:00 am – 11:45 am	• Brief introductions • Intro to MI: <i>How to Build an MI House & Spirit</i> • A Taste of MI (Experience – breakout groups) & debrief
11:45 am – 12:15 pm	• Cultivating Change Talk • Commitment Language v Change Talk • Script: Difference between Change Talk & Commitment Language • Drumming for Change (large group experience)
12:15 pm – 12:30 pm	• Break
12:30 pm – 1:30 pm	• Complex Reflections & 2 Kinds of Affirmations • Batting Practice – (large group experience) • Giving Information & Advice in MI • Ask-Offer-Ask (AOA, formerly EPE) • AOA - small group experience • Scenarios: experiential
1:30 pm – 1:45 pm	• Resistance v Discord
1:45 pm – 2:00 pm	• Wrap-Up and Q&A
