**PRESENTATION PROPOSAL**

**Community Mental Health Association of Michigan**

**2020 Co-Occurring College**

**June 16, 2020**

**Delta Hotels Conference Center, Kalamazoo, Michigan**

**Purpose of this form**: Training program planners at CMHA use the information requested in this form for several things – to assure appropriateness of content; to assess whether the presentation meets criteria for social work “Continuing Education Clock Hours,” and/or substance abuse professional certification “Contact Hours”; and to develop program description.

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| **Workshop Title** | Breaking through “Resistance” for Substance Use Treatment |
| **Brief Overview of Presentation**  *Please provide a brief description (5-7 sentences) of the proposed presentation that we may use for promotional purposes.* | One of the biggest challenges for practitioners is work collaboratively through “resistance” to change. This breakout session will highlight the use of Motivational Interviewing in order to help understand the reluctance and/or discord presented by the consumer. We will explore the most common signs of resistance and look for the wisdom in it. The focus will be changing our perspective about resistance through a small group exercise, exploring the presentation of ambivalence as a large group, and responding effectively to the consumer. The Presenter will model various approaches for responding to “resistance” and lead a didactic exercise for participants. |
| **Course Objectives**   * List the teaching goals. * 1 objective per full hour of instruction time is required. * Minimum of 3 objectives. * Objectives will serve as the basis for the evaluation. | 1. Differentiate between 3-4 ways consumers often display resistance in COD treatment. 2. Understand how “Restistance” varies between MI and SUD, and impact the process of reaching a goal. 3. Explore 4-5 ways practitioners respond to resistance. 4. Discuss the impact of ambivalence on the response to resistance. 5. Practice 3 ways to respond to resistance to lower it and create an assistive- collaborative relationship, express empathy, and elicit change talk. |
| **Bibliography** | * *Bibliography references relevant to the content of this* ***presentation*** *NOT for the presenter.* * *1 reference for each hour of presentation. (1 ½ hour workshop = 2 references)* * *3 references are required.* * *At least 2 reference must be current within the last 5 years.* * *APA Format required (see examples on last page)* * *References must be from a peer reviewed book or journal* * *Websites may be listed as a fourth reference only if it is the direct link to the topic presented. Wikipedia is NOT a valid bibliographic reference.* |
| **The 1st and 2nd references MUST be within the** **last 5 years**: |
| 1. Hall, K,1. Staiger, P. K., Simpson, A., Best, D., & Lubman, D. I. (2016) *After 30 Years of Dissemination, Have We Achieved Sustained Practice Change in Motivational Interviewing?* Addiction, 111 (7), 1144-1150. |
| 2. Laws, M. B., et al. (2018). *A sequential analysis of motivational interviewing technical skills and client responses.* Journal of Substance Abuse Treatment, 92:27-34. |
| 3. Miller, 3. W. R. and Rollnick, S. (2013), “Motivational Interviewing, Helping People Change” (third edition). The Guildford Press, New York, NY 10012 |
| **Please check the point(s) of reference for this presentation.**  *You may check more than one.* | Theories & concepts of human behavior in the social environment  Social work practice, knowledge and skills  Social work research, program evaluation or practice evaluation  Social work agency management or administration  Development, evaluation or implementation of social policy  Social work ethics and standards of professional practice  Current issues in clinical or macro social work practice  Cultural competence and diversity  Pain/Pain symptom management-psychology of pain |
| **PRESENTER’S INFORMATION** (Maximum of 3 presenters per session) | |
| Name: | Meghan Perrault |
| Degrees/Credentials: | LPC, CAADC |
| Title: | Motivational Interviewing Trainer |
| Organization: | MDHHS- MIFAST Contract Trainer |
| Address: | 104 Elm Park Ave, Pleasant Ridge, MI 48069 |
| Phone Number: | 248-854-9660 |
| Email Address: | [meghanperrault@gmail.com](mailto:meghanperrault@gmail.com) |
| **Presenter’s Brief Biography (Required)** | Meghan Perrault, LPC CAADC, is a member of the Motivational Interviewing Network of Trainers (MINT). She is part of the State of Michigan Fidelity Assistance Support Team, providing program-specific MI trainings to agencies. She also worked with the Opioid STR Grant, helping implement and improve MI skills at MAT Clinics throughout the state. She has a history of providing co-occurring treatment in an outpatient setting, working with individuals, families, and groups. |
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| Name: |  |
| Degrees/Credentials: |  |
| Title: |  |
| Organization: |  |
| Address: |  |
| Phone Number: |  |
| Email Address: |  |
| **Presenter’s brief Biography (Required)** |  |
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| Name: |  |
| Degrees/Credentials: |  |
| Title: |  |
| Organization: |  |
| Address: |  |
| Phone Number: |  |
| Email Address: |  |
| **Presenter’s brief Biography (Required)** |  |

**Bibliography Citations**

**Follow the Color-Coded Guide**

**APA Style**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Author(s)** | **Date** | **Title of Book** | **Title of Article** | **Title of Periodical** |
| **Volume** | **Pages** | **Place of Publication** | **Publisher** | **Other Information** |

**Journal Article:** where the page numbering continues from issue to issue

**Dubeck, L. (1990). Science fiction aids science teaching. *Physics* *Teacher, 28,* 316-318.**

**Journal or Magazine Article:** that start each issue with page one  
(for magazine articles, include the month and day - see below)

**Wilcox, R. V. (1991). Shifting roles and synthetic women in Star trek: The next generation. *Studies in Popular Culture, 13*(2), 53-65.**

**Magazine or Journal Article from a Database**  
(for journal articles, do not include the month - see above)

**Mershon, D. H. (1998, November/December). Star trek on the brain: Alien minds, human minds. *American Scientist, 86*(6), 585. Retrieved July 29, 1999, from Expanded Academic ASAP database.**

**Newspaper Article**

**Di Rado, A. (1995, March 15). Trekking through college: Classes explore modern society using the world of Star trek. *Los Angeles Times,* p. A3.**

**Book**

**Okuda, M., & Okuda, D. (1993). *Star trek chronology: The history* *of the future.* New York: Pocket Books.**

**Book Article or Chapter**

**James, N. E. (1988). Two sides of paradise: The Eden myth according to Kirk and Spock. In D. Palumbo (Ed.), *Spectrum of the fantastic* (pp. 219-223). Westport, CT: Greenwood.**

**Encyclopedia Article**

**Sturgeon, T. (1995). Science fiction. In *The encyclopedia Americana* (Vol. 24, pp. 390-392). Danbury, CT: Grolier.**

**ERIC Document**

**Fuss-Reineck, M. (1993). *Sibling communication in Star trek: The next* *generation: Conflicts between brothers.* Miami, FL: Annual Meeting of the Speech Communication Association. (ERIC Document Reproduction Service No. ED 364932)**

**Website**

**Lynch, T. (1996). *DS9 trials and tribble-ations review.* Retrieved October 8, 1997, from Psi Phi: Bradley's Science Fiction Club Web site: http://www.bradley.edu/campusorg/psiphi/DS9/ep/503r.html**