

## **Motivating Change: Motivational Interviewing for the Legal Community (Part 1 & 2)**

Katie Mayeda, LCSW

### **Level**

Intermediate

### **Track**

Clinical/Legal

### **CE**

CPA/BBS/BRN/CJER/MCLE

### **Bio**

**Katie Mayeda, LCSW**, is a Licensed Clinical Social Worker with 20 years of experience working in public health, supporting adolescents and adults struggling with mental illness, substance use, homelessness and severe medical conditions. Her experience crosses multiple settings, including residential, outpatient and criminal legal systems. Katie is the founder and executive director of Mayeda Consulting, a company that works to build thriving organizations by harnessing the full potential of the helpers. Her mission is to use her years of professional and personal experience, coupled with her wholehearted passion, to support the growth of professionals. Katie provides workshops on evidence-based practices and leadership development. She also provides county-wide assessments and consulting services to ensure customers receive quality care.

### **Narrative**

The Motivating Change workshop is designed to give you specific tools to promote behavior change in adolescents and adults in the criminal justice system. This workshop will focus on how Judicial Officers can use Motivational Interviewing during treatment courts to inspire change. It will give proven techniques to encourage motivation and support someone from contemplation to action. Motivational Interviewing is as much about what to do as it is about what not to do. You will learn to avoid pitfalls that cause an increase in resistance and prevent a client from making lasting change. The techniques are simple in concept and can be applied in a brief conversation or over the course of several sessions. Motivational Interviewing has been shown to be highly effective in working with people with co-occurring disorders, people in the criminal justice system and with children who have been commercially exploited.

### **Learning Objectives**

1. Describe three Motivational Interviewing concepts that support people in the justice system to move from not having a desire to change to making action steps towards positive change
2. Explain how to support Judicial Officers in applying Motivational Interviewing in a treatment court setting
3. List two techniques to address ambivalence and inspire change

4. Develop three ways to support self-efficacy and empower people in the justice system to meeting their goals
5. Integrate research-based techniques in your daily practice to avoid an increase in resistance and discord in your professional relationship with your clients