



# Motivational Interviewing Lab: Using the MI Process to Understand and Facilitate Change



Kristin Dempsey, EdD

Wednesday, October 13, 2021

12:00pm – 1:00pm PDT

Live via Zoom



CE Credits:  
1 CE hour

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**Zoom Link to Workshop:**

<https://us06web.zoom.us/meeting/register/tZMsf-6hrT4vHdzw9wiJ6VBoET-dIUrOSPou>

Course Level: Introductory

This course is suitable for psychologists new to the field.

## Workshop Description:

The MI-Lab was created in 2019 as a regular meeting to support the learning and deliberate practice of Motivational Interviewing. Recognizing the importance of regular practice to build skills (Miller, 2021; Rousmaniere, 2016), the MI Lab features a monthly discussion of a theoretical or practice concept, followed by at least 30 minutes of skills practice and feedback. Featured topics include, but are not limited to, exploring the values and attitudes of MI, recognizing and practicing the five main MI micro skills, understanding the connection between skills taught in therapeutic factors course and MI, and applying MI skills in challenging clinical situations.

Participants in the MI Lab will have the opportunity to become part of an international Motivational Interviewing learning community, and the skills learned and practiced in the lab will be relevant for engaging clients across disciplines, modalities, and theoretical approaches.

## After completing this workshop, participants will be able to:

- List the four components of the Motivational Interviewing Process and describe how the processes link to the stages of change
- Explain how working with the process of MI helps move clients from “pre-action” to “action” in the stages of change

## Instructor Bio:

Kristin Dempsey is a licensed marriage and family therapist (LMFT) and professional clinical counselor (LPCC) with an EdD in Organizational Change and Leadership. She has provided psychotherapy in the Bay Area for almost 25 years in public non-profits and county mental health settings, schools, and medical clinics.

Dr. Dempsey is a full-time faculty member at the Wright Institute’s MA Counseling Psychology Program. She has used Motivational Interviewing (MI) in clinical practice for 20 years and has been a member of the Motivational Interviewing Network of Trainers since 2008. In addition to teaching in the Counseling Psychology Program, Dr. Dempsey trains community mental health staff members in various evidence-based practices including Motivational Interviewing, Dialectical Behavior Therapy, Trauma Informed Care, and Cognitive Behavior Therapy, among others. Dr. Dempsey frequently teaches how to integrate MI into various therapeutic modalities, and she has partnered with other MI-trained professionals to explore applying MI to leadership and organizational practices (MILO).

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