



2010 Children's Behavioral Health Conference

Reclaiming Lives...Claiming Futures

Oklahoma Department of Mental Health and Substance Abuse Services

Registration is open for the 17<sup>th</sup> Annual Children's Behavioral Health Conference.

The deadline for early conference registration is April 21.

Go to <http://ok.gov/odmhsas/> and click on *ODMHSAS Sponsored Trainings and Events* to view the conference brochure and registration packet.

## Special Guests include **Steven Malcolm Berg-Smith, MS**



For over 22 years, [Steven Malcolm Berg-Smith](#) has worked as a health educator, behavior change counselor, drug and alcohol prevention specialist, and researcher. He currently has a private practice in San Francisco as a trainer, consultant, mentor, and health counselor.

A member of the International Motivational Interviewing Network of Trainers since 1994, Steven has conducted over 300 workshops throughout the U.S. and internationally on strategies for motivating behavior change in brief clinical encounters, designed behavior change intervention protocols

for several national clinical research trials, and, in 2006, was selected to co-facilitate the Motivational Interviewing 'Training for Trainers' program in Miami, FL. He has authored several frequently cited articles on how to use motivation-enhancing tools and strategies to support adolescents and adults in making positive lifestyle changes.

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### **Thursday, April 29: Sessions 1 (10:15 – 11:45) & Session 2 (1:15 – 2:45) Motivational Interviewing (2-Part Workshop)**

Motivational Interviewing (MI) is a state-of-the-art, evidence-based communication and counseling approach for building and strengthening intrinsic motivation for positive health behavior change in brief clinical encounters. MI is generally recognized as a practical, common sense approach. However, becoming proficient in MI is an on-going learning process requiring significant training, practice, and feedback/supervision. In **Part 1** of this workshop, participants will be introduced to the theory, principles, and skills of MI and related motivation-enhancing behavior change approaches. During **Part 2** of this workshop, participants will be guided through a sequence of learning activities to explore and shape counseling practice behavior and to initiate a process for developing proficiency in MI.

For more information, contact

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