

2024

# Virtual Brief Intervention Training

Register today at [mopiptraining.org](https://mopiptraining.org)!

**Join us for a two-part training on Motivational Interviewing and BASICS!** The training is provided in two parts: online asynchronous training with required exercises and a live training component. The live training will take place on March 5 (MI) and March 12 (BASICS) from 1pm-2:30pm.

This training is free for Missouri Partners in Prevention Campuses and attendees from other Missouri higher education institutions. It is \$50 for individuals outside of Missouri or outside of Missouri higher education. The training is a mix of asynchronous training followed by live synchronous training.

Attendees may sign up for Motivational Interviewing training or the MI and BASICS training together, though you may not sign up only for BASICS. In order to sign up for BASICS, you must also sign up for MI.

After registration, attendees will be given a code to access the trainings they are requesting. Homework is assigned throughout the training and will be due at least 1 week before the live/zoom wrap up training. After the virtual training, attendees will receive information about the live training for motivational interviewing (hour 6) and BASICS (hours 6 and 7).

## On-line training to wrap up each course will be held:

Motivational Interviewing: March 5, 1pm-2:30pm

BASICS: March 12, 1pm-2:30pm. Additional practice hours will be held March 12, 2:30pm-3:30pm.

## Applying Motivational Interviewing to Practice

Motivational Interviewing (MI) is a client-centered method for enhancing intrinsic motivation to change by exploring and resolving ambivalence (Miller & Rollnick, 2002). MI assumes that ambivalence, or feeling two ways about something, is a common human experience, especially in relation to addictive behaviors. For example, although often cognizant of the risks and harms associated with heavy alcohol use, various factors may lead the individual to continue drinking (e.g., relief from negative feelings, social acceptance/enhancement). Unlike more directive approaches, MI meets the person where they are at, allowing them to determine the content, direction and goals of the encounter. As such, MI is an invaluable tool for counselors, educators, and administrators to facilitate service engagement and behavior change. This training will provide a foundation in MI and incorporates substantial practice of MI skills using small-group exercises and paired practice.

This training is designed so that participants will obtain advanced practice utilizing their MI skills in a variety of activities including written cases, small group exercises, and one-on-one practices.

**Hour 1:** Foundational Theories and MI Processes (1 hour video, plus post-video reflection)

**Hour 2:** The Spirit of MI (1 hour video with synchronous exercises and post-video reflection)

**Hour 3:** OARS Student-centered Communication Skills (1 hour video with synchronous exercises)

**Hour 4:** Change Talk (1 hour video with synchronous exercises and post-video reflection)

**Hour 5:** Managing Sustain Talk and Discord, Developing a Change Plan, and Consolidating Commitment

**Hour 6:** Learners will be invited to view a synchronous session (March 5, 1pm-2:30pm) lead by the instructor

(note: Hours 1-5 should be complete and submitted by February 27 at 5:30pm before participating)

# Brief Alcohol Screening and Intervention for College Students (BASICS) Training

The Brief Alcohol Screening and Intervention for College Students (BASICS) program is strongly rooted in Motivational Interviewing (MI). BASICS utilizes an MI-style to facilitate conversation guided by personalized feedback regarding students' personal alcohol use, college drinking norms, positive alcohol expectancies, experienced alcohol-related consequences, and personal costs of drinking (e.g., financial and caloric intake). Discussion of the personalized feedback is used to find the unique "hook" that will catalyze contemplation of behavioral change for an individual student, and MI-style is used to support and move that contemplation of change toward actual changes in behavior. Discussion of personalized feedback during a BASICS session occurs in tandem with teaching specific cognitive-behavioral skills (e.g., ways to limit alcohol consumption) and providing psychoeducation directly relevant to skill use (e.g., defining a standard drink, discussing the biphasic effects of alcohol and the point of diminishing returns). Successful implementation of BASICS is predicated on facilitators' ability to flexibly integrate and draw upon this information, such that a facilitator can weave information into the conversation when and only if it is relevant and welcomed (or requested) by the student. Thus, although the feedback grounds the discussion, it does not dictate its flow or final content. The skilled BASICS facilitator meets each student where they are at in their change process and guides them in a discussion that is tailored to their unique circumstances. Thus, a key element of training is substantial, supervised practice with immediate feedback.

**Hour 1:** Fundamentals of BASICS (pre-video questionnaire; 1 hour video)

**Hour 2:** Personal Alcohol Use (1 hour video with synchronous exercises and post-video reflection)

**Hour 3:** Normative (Mis)perceptions and Alcohol Expectancy Effects (1 hour video with synchronous exercises and post-video reflection)

**Hour 4:** Alcohol Consequences (1 hour video with synchronous exercises and post-video reflection)

**Hour 5:** Protective Behavioral Strategies & Negotiating a Change Plan (1 hour video with synchronous exercises and post-video reflection)

**Hour 6: BASICS demonstration: All learners will be invited to view a synchronous demonstration of a BASICS session lead by the instructor.** This will be held on March 12 from 1:00pm-2:30pm (note: Hours 1-5 must be complete and submitted by March 5, 5pm before participating in this activity).

**Only for learners who are involved in delivery of BASICS on their campus:**

**Hour 7: Paired Practice**

- Learners will be asked to set up a session role-play a BASICS session with the instructor to receive individualized feedback
- Learners in this group will be asked to submit all exercises and reflections to the instructor in advance of this session to establish baseline learning
- March 12, 2:30pm-3:30pm

**Note:** You can register for the Motivational Interviewing training alone, but in order to register for BASICS, you must also register for Motivational Interviewing.

## About the Presenter

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Jessica M. Cronce, Ph.D., is an Associate Professor in the Department of Counseling Psychology and Human Services at the University of Oregon. Dr. Cronce has over a decade of experience conducting research on the etiology, maintenance, prevention and treatment of addictive behaviors, in particular, problematic alcohol use and gambling among college students and other young adults. Her research interests also extend to how drug use, dietary behaviors and level of physical activity interact with alcohol use to predict overall health risk in this population. Dr. Cronce has co-authored numerous publications on the topic of individual-focused alcohol prevention, including three large-scale reviews in 2002, 2007 and 2011, the first of which helped form the basis of recommendations made by the NIAAA Task Force on College Drinking. Building on this work, Dr. Cronce was invited to serve as one of three leading researchers on the individual-level strategies development team for the National Institute on Alcohol Abuse and Alcoholism's College Alcohol Intervention Matrix (College AIM) project. Dr. Cronce's research experience is complimented by her training in Cognitive-Behavioral Therapy, Motivational Interviewing, and Dialectical Behavior Therapy, which she has applied to the treatment of substance use disorders, eating disorders, gambling disorder, and other disorders marked by emotion dysregulation. Dr. Cronce is licensed as a psychologist in Oregon.