



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

Washington State  
Health Care Authority

## Training for Behavioral Health Providers in Washington State

*Register now for virtual training*

*Available from March through June 2021*

The Northwest ATTC is pleased to announce a series of training opportunities offered from March 2021 through June 2021. Nine different options are being offered to the Washington State behavioral health workforce. These include: stand-alone virtual training workshops; workshops with a series of follow-up sessions; and individualized coaching sessions focused on high-priority subject areas. CEUs are available for these courses that are offered free of charge to behavioral health providers, counselors, supervisors, managers, and other clinicians and healthcare staff involved in the treatment of those with substance use disorders.

Participants are encouraged to register early for virtual workshops. **Please only sign up for training or training series to which you can truly and fully commit your time.** The registration links can be found at the end of each course offering.

### Trainings Being Offered

1. Motivational Interviewing (MI) for Individual Service Planning (ISP)
2. Wellness and Stress Reduction Learning Sessions
3. Clinical Supervision Immersion Project
4. Cognitive Behavioral Therapy (CBT) for Treatment of those with Alcohol/Substance Use Disorder(s)
5. Motivational Interviewing (MI) Learning Series
6. DIRECTORS & MANAGERS: Rapid Implementation of Family & COD supports in SUD settings
7. Combining MI and CBT with Follow-up Coaching Sessions
8. Trauma-Informed Supervision
9. Engaging Families and Family Systems

WAPEC-2848-21 February 2021

## Motivational Interviewing (MI) for Individual Service Planning (ISP)

**This is an all-day workshop**

March 2<sup>nd</sup>

9:00am – 4:30pm (with breaks)

6 CEUs

Using Motivational Interviewing (MI) in Individual Service Planning is a workshop designed to increase providers' capacity to deliver evidence-based practice, especially when treating youth who have SUDs. This workshop will explore the value of having an individual service plan (ISP) and build upon foundational MI skills and apply them to service planning. This one-day training is for individuals who have attended an introductory course in Motivational Interviewing (MI). Participants will have a number of opportunities to practice skills development through interactive group exercises. MI principles and WAC guidelines for service planning will be reviewed, and participants will be guided to be able to demonstrate ways to use MI to meet the requirements and practice constructing an individual service plan.

**Trainer:** Paul Hunziker, MA, LMFT, SUDP (<http://bit.ly/PaulHunzikerBio>)

**Registration:** [http://bit.ly/ISP\\_HCA](http://bit.ly/ISP_HCA)

## Wellness and Stress Reduction Learning Sessions

**This series consists of four 1-hour sessions:**

March 5<sup>th</sup>, March 12<sup>th</sup>, March 18<sup>th</sup>, and March 25<sup>th</sup>

11:00am – 12:00pm

*Certificate of attendance will be offered*

The stressors in our lives are significant given the current environment, and although we cannot always eliminate the stressors, we can learn to manage the stress effectively. Join us for a 4-part series to connect with a small group of colleagues and engage in a variety of stress-reducing strategies. We will explore science-based strategies for reducing stress and use our time experimenting with these strategies (e.g., laughter, social connection, creative expression). Our goal will be to explore ways to build resiliency and decrease burnout.

**Trainers:**

Denna Vandersloot, M.Ed. (<http://bit.ly/DennaVanderslootBio>)

Troy Montserrat-Gonzales, MA, NCC, LPC (<http://bit.ly/Montserrat-GonzalezBio>)

**Registration:** [http://bit.ly/Wellness\\_HCA](http://bit.ly/Wellness_HCA)

## Clinical Supervision Immersion Project

### Clinical Supervision I

March 9<sup>th</sup> and 10<sup>th</sup>  
9:00am – 4:30pm

### Clinical Supervision II

April 2<sup>nd</sup>  
9:00am – 4:30pm

### Learning Collaborative

March 16<sup>th</sup> and 30<sup>th</sup> (2 hours each)  
15 CEUs

### Learning Collaborative

4/20, 5/4, 5/18, 6/1, 6/15, 6/29, 7/13, 7/27 (1 hour each)  
15 CEUs

This is an intensive immersion in clinical supervision that is designed for substance use disorder clinical supervisors and behavioral health clinical supervisors. The goals of the intensive, long-term training and follow-up sessions are to review literature and research supporting effective concepts, methods, ethical considerations, and boundary issues inherent to clinical supervision. We will identify and discuss the roles in the supervisory relationship, strive to increase awareness of cultural considerations in supervision, and practice skills that structure clinical supervision (e.g., Feedback Model, Professional Development Plan, Supervisory Interview, and Corrective Interview). The first part of the series consists of a 2-day training followed by two 2-hour sessions.

**Trainer:** Paul Hunziker, MA, LMFT, SUDP (<http://bit.ly/PaulHunzikerBio>)

**Registration:** <http://bit.ly/CSImmersion> HCA

## Cognitive Behavioral Therapy (CBT) for Treatment of those with Alcohol/Substance Use Disorder(s)

### This series consists of three 4-hour sessions:

March 10<sup>th</sup>, March 24<sup>th</sup>, and April 7<sup>th</sup>  
10:00am – 3:00pm (with breaks)  
12 CEUs

Alcohol and substance use disorders commonly co-occur with anxiety, depression, and posttraumatic stress disorder. How can we support clients with their recovery from these interrelated challenges? Cognitive-behavioral therapy (CBT) is an evidence-based psychotherapy approach used to address a range of psychological difficulties and disorders. The basic premise of CBT is that our emotions, thoughts, and behaviors are all interconnected; and so if we want to help clients address emotional difficulties, we can do so by addressing patterns of thinking and behavior, using these changes like a lever to produce other positive changes in clients' lives. In this introductory-level training, participants will learn the fundamentals of CBT, including: what CBT is, what is involved in a CBT approach to assessing/analyzing a client's presenting problems, and how to implement several core CBT techniques to address anxiety, depression, PTSD, and alcohol or substance use patterns. The following techniques will be emphasized: cognitive restructuring, behavioral activation, exposure, values clarification, mindfulness-based interventions, and functional analysis of relapse patterns. Training participants will have the opportunity to learn in a variety of ways, including lecture, demonstrations, discussions, and experiential learning activities designed to give them a basic understanding of the use of CBT in the treatment of alcohol and substance use disorder, anxiety, depression, and posttraumatic stress.

**Trainer:** Ann Marie Roepke, Ph.D. (<http://bit.ly/AnnMarieRoepkeBio>)

**Registration:** <http://bit.ly/CBT> HCA

## Motivational Interviewing (MI) Learning Series

**This series consists of four days of training that are 4 hours each, followed by two optional booster sessions**

**MI Part 1:** March 16<sup>th</sup> and 17<sup>th</sup>

**MI Part 2:** April 13<sup>th</sup> and 14<sup>th</sup>  
9:00am – 1:30pm (with breaks)

16 CEUs

**Booster Sessions:** May 6<sup>th</sup> and 27<sup>th</sup>, 9:00am – 11:00am  
4 CEUs

This intensive MI Learning Series is designed for all levels of SUD practitioners. Participants will receive four days of interactive virtual trainings, followed by two booster sessions and individualized coaching. Completers will have the skills necessary to use MI to motivate clients and resolve ambivalence resulting in healthier life choices. This virtual four-part Motivational Interviewing (MI) basic to intermediate training opportunity provides social service, medical and behavioral health professionals with evidence-based methods for creating a person-centered approach to service delivery. MI is especially useful for partnering with patients and clients to enhance motivation and promote healthy behavior changes. In this 16-hour live virtual series, we will cover the foundational practices of Motivational Interviewing. Through the use of presentations, videos, highly interactive exercises and demonstrations, the trainers will guide participants in learning the technique, style and spirit of MI. Participants will be given many opportunities to observe, practice, receive feedback and interact with trainers and peers. *Those who commit to this learning series are urged to seek prior approval if/as needed from their supervisors and managers to ensure they can retain high levels of participation.*

**Trainers:** Denna Vandersloot, M.Ed. (<http://bit.ly/MIDennaVanderslootBio>)  
Kate Speck, PhD, MAC, LADC (<http://bit.ly/KateSpeckBio>)

**Registration:** [http://bit.ly/MI Learning Series\\_HCA](http://bit.ly/MI Learning Series_HCA)

## Directors & Managers:

### Rapid Implementation of Family & COD supports in SUD settings

**This series consists of two 1.5-hour group sessions and 1 individual session for each participant.**

March 16<sup>th</sup> and 30<sup>th</sup>  
2:00pm – 3:30pm

Timing of 30-minute individual sessions to be arranged later with participants  
*No CEUs provided*

As we confront this period of great need, reduced resources, and a rapidly changing environment, leaders often feel forced to file away new implementation plans for a more stable future. But our current environment demands that we find ways to respond and implement rapidly to meet growing needs. And the increased emotional stressors of today demand that we increase our mental health and family supports for those seeking SUD services. This training/ consultation process will engage SUD program and organizational leaders using a simple series of planning tools and practices to assess need, choose, document, implement and sustain a new practice to enhance COD/family supports for those receiving SUD services. This series will engage a cohort of managers/supervisors from SUD programs, using a simple series of rapid planning tools and practices to assist them with family and COD provision of SUD services. Organizational leaders will hone skills to assess need, choose, document, implement and sustain a new practice to enhance COD/family supports for those receiving SUD services.

**Trainer:** Mathew Roosa, LSW-R (<http://bit.ly/MatRoosaBio>)

**Registration:** [http://bit.ly/Leaders\\_HCA](http://bit.ly/Leaders_HCA)

## Combining MI and CBT with Follow-up Coaching Sessions

**This series consists of two days training and two individual sessions**

April 15<sup>th</sup> and 16<sup>th</sup>

9:00am – 4:30pm (with breaks)

Each participant is eligible for two coaching sessions:

Date TBD

12 CEUs

Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI) are both evidenced-based practices for the treatment of behavioral health challenges. MI works with ambivalence to help move people towards change. Cognitive Behavioral Therapy helps people challenge problematic thinking and learn coping skills to manage maladaptive behavior. These two approaches can complement each other when working with a broad range of people looking to make change in their lives. In this workshop, we will: examine reasons for and against the combination of MI and CBT; identify and discuss inherent conflicts between the models; and practice use of the skills of MI and CBT in combination when addressing people with substance use disorders. *Participants are expected to have completed prior training in MI (preferably four days) and have proficiency in CBT.*

**Trainer:** Paul Hunziker, MA, LMFT, SUDP (<https://bit.ly/PaulHunzikerBio>)

**Registration:** [http://bit.ly/MlandCBT\\_HCA](http://bit.ly/MlandCBT_HCA)

## Trauma-Informed Supervision

**This series consists of five 1.5-hour sessions**

April 21<sup>st</sup> and 28<sup>th</sup>, May 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup>

10:30am – 12:00pm

Each participant is eligible for two coaching sessions:

7 CEUs (NAADAC) (Note: These CEUs are approved by, and will be provided through, C4 Innovations)

Providing trauma-informed supervision is critical to fostering employees' personal and professional development, enhancing clinical skills, implementing best practices, ensuring accountability, promoting self-care and wellness, and most importantly, improving client outcomes. Trauma-informed supervision is an especially helpful approach in settings where staff serve clients with substance use disorders: clients are likely to have histories of trauma exposure and staff often experience secondary trauma exposure through their clinical work. Trauma-informed supervision helps supervisors create an atmosphere of safety, trust, choice, and collaboration in the workplace, which benefits staff and serves as a model for how staff treat clients. Whether you're experienced, new, or not yet a supervisor, you are invited to explore trauma-informed supervision—what it is, why it matters, how to use its frameworks and skills to enhance supervisory practice, and how to employ specific strategies to help staff thrive in their work.

**Trainers:**

Ken Kraybill, MSW (<http://bit.ly/KenKraybillBio>)

Ann Marie Roepke, PhD (<http://bit.ly/AnnMarieRoepkeBio>)

(Consultants to Northwest ATTC in collaboration with C4 Innovations)

**Registration:** [http://bit.ly/Trauma\\_HCA](http://bit.ly/Trauma_HCA)

## Engaging Families and Family Systems

**This is an all-day workshop**

May 11<sup>th</sup>

9:00am – 4:30pm

6 CEUs

Behavioral health providers know that very often getting families on board with services tends to make those services more effective. However, providers also know the challenge it can be to get family members involved in helpful ways and have them stay involved. Further, even if they are in counseling sessions, family members can engage in numerous behaviors that negatively impact treatment. This training will review research on the benefits of family involvement in counseling and help clinicians develop skills which will promote family participation in session which supports the treatment of youth who have SUDs. We will review methods of adapting Motivational Interviewing (MI) skills to assist in engaging families in behavioral health services and making them a valuable addition to treatment. We will also identify times when referral for family counseling is preferred or contraindicated.

**Trainers:** Paul Hunziker, MA, LMFT, SUDP (<https://bit.ly/PaulHunzikerBio>)

**Registration:** [http://bit.ly/FamilySystems\\_HCA](http://bit.ly/FamilySystems_HCA)