



Dr Michael D. Clark Pre Conference Workshop 9 July 2010

Starting with Lunch at 12.30 noon and closing at 3.30 PM

Description:

This half-day pre-conference session is a skill-based training in Motivational Interviewing that focuses on skill-building for direct practice staff working with challenging clients. Two modules will be presented over the afternoon, utilizing multimedia presentations, interactive lecture and facilitated small and large group exercises. A mixture of small group discussions, videos, case scenarios and full room exercises keep the training pace lively and engaging.

The emphasis for this pre-conference session is on skill-building and “theory-to-practice” group work for direct application of these various curricula. A review of these modules include:

The Science of Human Behavior Change

This training begins by addressing the many issues surrounding human motivation and positive behavior change.

This module begins answering the questions:

- ◆ Why do people change?
- ◆ How do people change?
- ◆ What can staff do to increase an offender’s readiness to change?
- ◆ Didactic lecture, an exercise to examine common behavior-change efforts that often backfire as well as and small group and large room discussions are all used to highlight what predicts positive behavior change and what can staff do to facilitate it with challenging offenders.

2. Resistance Examined: What Increases Resistance And How It Can Be Reduced.

MI believes resistance is a normal experience in our work and suggests we bypass and maneuver around resistance rather than confront it “head-on” which only serves to more resistance. There is great difference between reluctance to change—a condition that rest within an offender, and resistance to change—a condition that occurs between the offender and officer. One is intrinsic to the offender, the other is relational and interactive.

MI believes resistance is a normal experience in our work and suggests we bypass and maneuver around resistance rather than confront it “head-on” which only serves to more resistance. Participants will increase their ability to respond to client resistance in a manner that reflects and understands without reinforcing it. The essence is to roll with resistance—rather than oppose it. Increase your staff’s tool box by practicing several key techniques to reduce reluctance and keep sessions productive!

Michael D. Clark (MSW, LMSW,) is one of the United State’s leading consultants for the topic of motivating mandated clients. He is currently the director of the Center for Strength-Based Strategies (USA) that is committed to the research, development and training of strength-based strategies for practice and programming. Mr. Clark is a registered trainer with the Motivational Interviewing Network of Trainers (MINT), specializing in direct practice work with mandated / involuntary clients. He is the only MINT trainer in the United States who has an extensive background—previous employment as a probation officer and hearings Magistrate. He recently (June 2007) co-authored a monograph published by the National Institute of Corrections entitled: “Motivating Offenders to Change: A Guide for Probation & Parole Officers”

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Selected Publications List

(Summer 2009) Clark, Michael D., Juvenile Justice and a Strengths Perspective: Compliment or Clash? Reclaiming Children & Youth Journal, Vol 18 (2), 21-26.

(2009) Clark, Michael D., The Strengths Perspective in Criminal Justice. In D. Saleebey (ed.) Fifth Edition (2009). The Strengths Perspective in Social Work Practice. New York: Longman

(Summer 2008) Clark, Michael D., “Moving From Compliance To Behavior Change: Motivational Interviewing and the Juvenile Court.” Juvenile and Family Justice Today, National Council of Juvenile and Family Court Judges. Vol. 17 (3), 22-23.

(June 2007) Walters, Scott T., Clark, Michael D., Gingerich, Ray & Meltzer, Melissa, “Motivating Offenders To Change: A Guide for Probation & Parole Officers” Practice Monograph, National Institute of Corrections (NIC) – US Department of Justice. (NIC Accession number 022253)

(June 2006) Clark, Michael. D., Walters, S. T., Gingrich, R., & Meltzer, M. “Motivational Interviewing for Probation Officers: Tipping the balance towards change.” Federal Probation. (United States Courts). Vol. 70 (1). 38-44.[Part Two of Two Part Series]

(Summer 2006) Clark, Walters, Gingerich & Meltzer, "Motivational Interviewing for Probation & Parole: Importance, Confidence & Readiness to Change" Perspectives. Journal of the American Probation and Parole Association. Vol. 30 (3). 36-45. [Part Two of Two Part Series]

(Summer 2006) Clark, et al., “Importance, Confidence and Readiness to Change: Motivational Interviewing for Probation and Parole.” Perspectives. Journal of the American Probation & Parole Association. Vol. 30 (3). 36-45. [Part Two of Two Part Series]