

## ***SHAPING THE FUTURE***

2019 ATSA Conference | Thursday November 7 | 10:30 AM – 12:00 PM

**T-08**

### **Motivational Interviewing in Clinical Supervision**

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Motivational Interviewing (MI) is a powerful treatment tool to use with clients. However, when asked, many professionals struggle to define or describe motivational interviewing. Additionally, when we do understand motivational interviewing, too often we underutilize this tool. Motivational interviewing can be used between professionals and by supervisors working with supervisees, especially when addressing unique aspects of working in sex offense-specific treatment. This workshop will enhance motivational interviewing skills and focus on ways MI can be used to address concerns with boundaries, transference, countertransference, and clinical supervision.

This presentation will begin with defining MI and methods of MI. Audience members will be given a chance to identify MI skills versus confrontational methods. Audience members will be asked for examples of supervision concerns related to boundaries and transference issues. These real-life examples will be used to discuss how MI can assist with these situations in clinical supervision. Audience members will have an opportunity to practice these skills and receive feedback from other audience members.

#### **Learning Goals**

- Presentation Objectives
- Enhance understanding of Motivational Interviewing
- Gain knowledge of how to use Motivational Interviewing as a supervisor
- Identify MI approaches to address boundary concerns
- Identify MI approaches to address transference and countertransference
- Identify MI approaches to clinical supervision, including examples of difficult cases (without any identifying information)
- Practical application of MI with audience participation

**Sara Mulholland, M.Ed, LPC, SOMB Full Provider** has been a Licensed Professional Counselor since 2013, practicing in sex offense specific treatment for 5 years in the states of Missouri, Minnesota, and Colorado. She has conducted MI trainings for clinicians and supervisors and frequently provides consultation to clinicians. Currently, she is a SOMB

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full provider and nearing the SOMB Clinical Supervisor designation, practicing in Colorado DOC, Sex Offender Treatment and Monitoring Program (SOTMP). She frequently addresses countertransference, transference, and boundary issues when supervising other clinicians and giving trainings.

**David S. Prescott, LICSW** is Clinical Services Development Director for the Becket Family of Services. He has authored and edited 19 book projects and numerous articles and chapters, primarily in the assessment and treatment of abuse and trauma. Mr. Prescott has lectured and implemented treatment programming around the world, and received ATSA's Distinguished Contribution award in 2014. He is a Senior Associate of the International Center for Clinical Excellence and a member of the Motivational Interviewing Network of Trainers. Mr. Prescott has served on the Editorial Boards of three scholarly journals. He is a past president of the Association for the Treatment of Sexual Abusers and Chair of the National Adolescent Perpetration Network Advisory Board.