

**Larisa A. Traga, LCSW, MAC, CCDS**

**MINT Member**

**EMDR Consulting Trainer**

## **MI Advanced Training Workshop**

### **Description:**

This 2-day intensive experiential workshop will build on the theory, principles, and skills of motivational interviewing and related motivation-enhancing behavior change approaches that they established in an Experiential Introductory Training on MI. Participants will be guided through a sequence of experiential activities to continue to explore and shape counseling practice behavior, and to build more advanced skills in motivational interviewing. Learning activities will include: real-life demonstrations, video-tape examples, “real-plays”, case studies, small group exercises, and participant practice with feedback. This workshop is appropriate for helping professionals with prior minimal to moderate exposure.

### **Target Audience:**

This workshop is appropriate for helping professionals who are in the role of counseling clients/patients to make and sustain healthy behavior changes: physicians, nurses, health educators, care managers, dietitians, social workers, counselors, psychologists, life coaches, clergy, administrators, peer counselors, probation/corrections officers, personal trainers, etc. It is only appropriate for those who have had an introductory and/or intermediate MI training that was experiential and are using Motivational Interviewing in their professional role.

### **Objectives: Participants who complete this training will be able to:**

- Learn and Practice the OARS;
- Learn and Practice Eliciting change talk, via MI strategies (OARS; Evoking);
- Learn and practice responding to change vs. sustain talk using MI strategies in order to;
- Build confidence in ability to see someone through behavior change process with others via the four processes of MI;
- Be able to give feedback in an MI adherent way;
- Create a personalized plan for continuing to implement MI in daily work/life;

### **Trainer Biography:**

Larisa Traga is a California-licensed clinical social worker (LCSW), master addiction counselor (MAC), with a co-occurring disorders specialization (CCDS), providing training, consultation and therapy to the Santa Barbara county community. Larisa has a Bachelor of Arts in Psychology from SUNY, Binghamton and a Master's in Social Work from University of Michigan, Ann Arbor. She is an EMDRIA (EMDR International Association) approved EMDR Certified therapist and Consultant and a Member of International Network of Trainers for Motivational Interviewing (MINT). Larisa has been an adjunct psychology and human services instructor at Allan Hancock College since 2015. She has also worked countywide with the County of Santa Barbara Behavioral Wellness Department since 2009 with individuals with co-occurring disorders, PTSD, Transitional Age Youth and adults with Severe and Persistent Mental Illness, drug court involved teens and adults and individuals experiencing crisis. Larisa currently has a private practice specializing in culturally sensitive individual psychotherapy for children, adolescents, and adults using an eclectic approach, including EMDR, CBT, MI, and mindfulness techniques. She treats a variety of issues including anxiety, depression, physical/sexual abuse, PTSD, self-esteem issues, workplace harassment, and more. In addition, Larisa conducts training on Evidence Based Practices, such as Motivational Interviewing, NIATx process improvement, MATRIX model, and more currently consultations and technical assistance on use of EMDR, and crisis debriefings using A-tip.

#### **Cancellation and Refunds**

##### **Cancellation Policy for Scheduled Trainings:**

- Minimum Attendance Requirement: Empower TCT reserves the right to cancel any training 10 days prior to the first day of the scheduled training if it does not meet its minimum attendance requirement of 10 participants.
- Unforeseen Events: Empower TCT reserves the right to cancel any training up to 24 hours before the first day of the scheduled training if something occurs beyond Empower TCT's control, i.e., weather, national disaster, sudden illness, or death of a relation to the scheduled trainer.
- Refund: In the event Empower TCT cancels a training, participants will receive a refund of their registration fee as a credit to their credit card minus any fees upto 6% charged by Signup Genius.

##### **Participant Cancellation Policy:**

- Participants may cancel their registration up to 72 hours prior to the first day of the scheduled training.
- Cancellations shall be requested in writing directed to Larisa Traga, Founder at EmpowerTCT@gmail.com.
- Participants will receive a refund of their registration fee, which may be subject to a \$100 cancellation fee.

#### **ADA**

Empower TCT Courses are held in facilities that are in accordance with the American Disabilities Act. Please contact EmpowerTCT@gmail.com to request special accommodations for disability (ADA).

#### **Complaints and Grievances**

During a training event, the trainer responsible for conducting the training has Empower TCT's authority to address any concerns that arise during the actual training. Every effort will be made to address the concerns during the training to include changing practice partners, addressing staff issues, etc.

If the trainer is unable to address the participant's concerns, the complaints and grievances shall be presented in writing to Larisa Traga, LCSW, Founder, Empower TCT.

Empower TCT's approach in resolving grievances is always from the perspective of what is in the best interest of the participant.

All complaints and grievances are reviewed within 5 working days. Formal grievances are required to be written and emailed to **EmpowerTCT@gmail.com** and will be responded to within 10 business days.