

Motivational Interviewing and Ketamine Assisted Psychotherapy

Josh Bringle Ph.D.

Description:

Motivational Interviewing is an evidence-based style of psychotherapy designed to reduce ambivalence about behavior change. It has been applied to the treatment of substance abuse, in the promotion of health-related behaviors, and in suicide prevention among other settings. Motivational Interviewing is a modern manifestation of Humanistic Therapy, a non-confrontational approach that focuses on accepting clients as people and working to harness intrinsic motivation to make changes in one's life. Training in Motivational Interviewing focuses on the development of so-called client-centered therapy skills. This introductory training will focus on the spirit of Motivational Interviewing and on the practice of the basic skills of the treatment. These skills are seen as fundamental to the provision of psychedelic assisted therapy and this training will discuss the framework of psychedelic therapy and highlight ways in which client-centered therapy skills can be used when working with psychoactive substances, such as ketamine, in conjunction with therapy. Ketamine Assisted Psychotherapy involves the use of the psychoactive substance in combination with therapy to enhance and deepen the therapeutic process.

Didactic Learning Objectives:

- Learn about the theory underlying Motivational Interviewing, Humanistic Theory
- Define Motivational Interviewing and its utility as a style of psychotherapy
- Discuss the Spirit of Motivational Interviewing
- Describe the processes of doing Motivational Interviewing
- Learn about and practice the skills associated with doing Motivational Interviewing
- Discuss relevant issues related to diversity in the delivery of Motivational Interviewing
- Discuss the three phases of doing psychedelic therapy
- Discuss ketamine and its utility as an adjunct to psychotherapy
- Review the evidence of ketamine as an antidepressant
- Review the literature on what makes a good psychedelic therapist
- Recognize current issues of diversity, equity, and inclusion in psychedelic medicine

Presenter Bio:

Joshua Bringle earned his Ph.D. in Clinical Psychology from the University of Massachusetts, Amherst. He completed his doctoral internship at the Boston Consortium in Clinical Psychology. He completed his Postdoctoral Fellowship in Palliative Care at the GRECC at the James J. Peters VAMC in the Bronx, NY. He is a licensed Clinical Psychologist in North Carolina. Dr. Bringle has worked in Geropsychology, Hospice and Palliative Care, Emergency Department, and acute care settings. He has been a member of the Motivational Interviewing Network of Trainers since 2010 and has experience as a trainer and consultant. In March 2023 he completed a certificate in MDMA-Assisted Therapy from the Multidisciplinary Association of Psychedelic Studies and in May 2023 he completed a certificate in Psychedelic Therapy and Research from the California Institute for Integral Studies.

Schedule:

Day 1

(6.0 hours CE hours)

Time	Topic	Presenter
8:30-9:30	Introductions and Assessment of current knowledge of both Motivational Interviewing and Psychedelic Therapy	Bringle
9:30-10:15 (0.75 CE hours)	History of Motivational Interviewing and Definitions	Bringle
10:15-10:30	Break	
10:30-11:15 (0.75 CE hours)	Descriptions of Psychedelic Assisted Therapy	Bringle
11:15-12:00 (0.75 CE hours)	The Spirit of Motivational Interviewing	Bringle
12:00-1:00	Lunch	
1:00-1:30 (0.5 CE hours)	The Spirit of Motivational Interviewing continued	Bringle
1:30-2:00 (0.5 CE hours)	The processes of Motivational Interviewing and overlap to Psychedelic Therapy	Bringle
2:00-2:15	break	
2:15-2:45 (0.5 CE hours)	MI Skills – Open ended questions, definition and exercises	Bringle
2:45-4:00 (1.25 CE hours)	MI Skills – Reflections, definition and real play exercise	Bringle
4:00–5:00 (1.0 CE hours)	Video demonstration	Bringle

Day 2

(7.0 CE hours)

Time	Topic	Presenter
8:30-9:15 (0.75 CE hours)	MI Skills – Reflections continued, exercises	Bringle
9:15-10:15 (0.75 CE hours)	MI Skills – Affirmations, definition and exercises	Bringle
10:15-10:30	Break	
10:30-11:30 (1.0 CE hours)	MI Skills – Summaries, definition and exercises	Bringle
11:30-12:00 (0.5 CE hours)	MI Process – Focusing, definition and exercises	Bringle
12:00-1:00	Lunch	
1:00-1:45 (0.75 CE hours)	Change talk, definition and exercises	Bringle
1:45-2:30 (0.75 CE hours)	MI Process - Evoking change talk, real play exercise	Bringle
2:30-2:45	break	
2:45-3:30	Scaling, definition and exercise	Bringle

(0.75 CE hours)		
3:30-3:45 (0.75 CE hours)	Compassion and Equipose	Bringle
3:45-5:00 (1.0 CE hours)	Video demonstration and summary	Bringle

Modules and Content

Module	Time	Topics and Content
Human Growth and Development	4.0	<ul style="list-style-type: none"> -Carl Rogers and Humanistic Theory -Motivational Interviewing as a contemporary manifestation of Humanistic Theory -The Spirit of Motivational Interviewing and autonomy -The history of ketamine -The potential of psychedelics -Humility and psychedelic assisted therapy
Counseling Theory/Practice and the Counseling Relationship	7.0	<ul style="list-style-type: none"> -The Spirit of Motivational Interviewing -The collaborative focus of Motivational Interviewing -Practicing Motivational Interviewing skills: making reflections, open ended questions, affirmations, summaries, including in real play situations -Change talk -Competencies for and qualities of a psychedelic therapist
Research and Program Evaluation	2.0	<ul style="list-style-type: none"> -Motivational Interviewing is an evidence-based treatment -The evidence supporting ketamine as a treatment for depression