The Substance Abuse Research Center (SARC), Jazan University is glad to announce the commencement of “Motivational Interviewing Workshop” to be held on March 3-4, 2015.

| Motivational Interviewing Workshop | March 3-4, 2015 |

The number of participants is limited to 40, and admission will be purely on first come first served basis. The deadline for registration is 25th February 2015. I will be very happy to provide more information, if necessary.

This CME credited workshop is jointly organized by SARC, Ministry of Health, Saudi Psychiatry Association and University of California, Los Angeles (USA).

Looking forward to hearing from you.

Sincerely,

Dr. Rashad Bin Mohammed Alsansosy
Consultant Psychiatrist
Director, Substance Abuse Research Center
Jazan University
The Substance Abuse Research Center (SARC), Jazan University’

(Established in 2011)

Motivational Interviewing Workshop

March 3-4, 2015

Speaker:
Albert L. Hasson, MSW

University of California, Los Angeles
Integrated Substance Abuse Programs
Semel Institute for Neuroscience and Human Behavior
David Geffen School of Medicine at UCLA
1640 S. Sepulveda Blvd., Suite 120
Los Angeles, CA, USA

Resource and Training Unit
Substance Abuse Research Center,
Jazan University, Jazan,
Kingdom of Saudi Arabia

Last date for receiving application 25th February 2015

Tel/Fax: 00966-17-31802881
Email: SARC@jazanu.edu.sa
Associate Prof. Dr. Siddig Ibrahim Abdelwahab

Telfax:+9661731802881; Email:sarc@jazanu.edu.sa; Wrl:http://centers.jazanu.edu.sa/sites/en/sarc/Pages/Default.aspx
### Motivational Interviewing Workshop

**March 3-4, 2015**

**About SARC**

The Substance Abuse Research Center (SARC) at Jazan University with its departments and units will carry out research in the areas of prevention and biomedical, clinical, and surveys in a harmony aims to identify the dimensions and impacts of substance abuse on the health of the individuals and community. SARC supports research that seeks to identify factors that put people at increased risk of drug abuse and thus protect them. The support of the Centre by the Minister of Higher Education and the Rector of the University, will lead to accelerate research discoveries in this area.

The Substance Abuse Research Center (SARC) will be a leader in supporting research to prevent the spread of drugs and to mitigate the serious effects resulting from the consumption of khat, amphetamine, and smoking, in addition to the medical and psychological effects associated with. Our strategic approach requires multi-faceted work, to confront the most pressing aspects of these complex problems and to tackle its underlying causes behind it. The (SARC) also provides scientific information which will support making informed decisions on issues of substances abuse. The results will lead to more effective strategies seek primarily to protect youth from substance use as proactive measures.

Although there are some challenges but we are optimistic, with the help of God Almighty, about the ability of the research team and management to overcome it and make a significant impact on human health. We believe that the collaborative research center for substance abuse at Jazan University is the nucleus of a future Center of Excellence for substance abuse research that holds greater promise to be one of the largest centers at the national and international levels. The promising work and achievement of the center will have a significant impact on reducing the consequences of the substances abuse on the public health and community development.


### SARC Priorities

1. To decrease health disparities related to drug addiction and its consequences.
2. To educate a variety of audiences (e.g., criminal justice, medical, and educational systems in the community, plus media and legislators) about the science underlying drug abuse.
3. To train and attract new investigators with diverse experiences, including those who are interested in this field and to actively recruit biochemists, psychiatrists, and statisticians to conduct translational research in drug abuse.
4. To promote a collaborative partnerships with the local and national governmental agencies in setting up effective strategies of preventive measures towards substance abuse.
5. To promote collaborative international affiliations that address substance and drug addiction, as well as training and dissemination of science-based information on drug abuse.
About the Workshop:
Motivational interviewing, a treatment approach developed by William Miller, has been well established as an effective way to promote change in individuals. These evidence-and-consensus-based techniques have been shown to elicit change in behavior and attitudes by helping clients to explore and resolve ambivalence. The first day will provide participants with a fundamental understanding of Motivational Interviewing and specific techniques for promoting behavior change. The topics of the second day will focus on helping clients to engage in change talk, and then make commitments to make behavioral changes based on goals that they have identified. Role play practice will enable participants to gain skills necessary to elicit change talk from clients with low levels of readiness for change, thereby increasing levels of motivation and moving them toward action to address their substance use issues.

First day
At the conclusion of the Introduction to MI training, participants will be able to:
1. Define at least three (3) key principles of Motivational Interviewing that can be utilized with clients enrolled in a community-based behavioral health treatment program.
2. Compare the effectiveness of Motivational Interviewing to traditional medical approaches to counseling clients with substance use problems.
3. Describe at least three micro-skills employed during Motivational Interviewing that help clients increase motivation for changes related to their substance use problems.
4. Explain how to apply Motivational Interviewing techniques in typical circumstances encountered in behavioral health treatment.

Second Day
At the conclusion of the Advanced Topics in MI training, participants will be able to:
1. Define the levels of change talk and describe what each level indicates about the level of client motivation.
2. Demonstrate use of three (3) strategies for eliciting change talk in clients with low levels of motivation.
3. Demonstrate skillful use of reflections and summaries to assist clients in identifying specific change goals.

Course Fee and Accommodation
Course fee SAR. 3,000/- (Three Hundreds Saudi Riyal) should be paid in full by 20th February 2015.
Payments can be deposited in the SARC bank ACC (Substance Abuse Research Centre, National Commercial Bank, Jazan, IBAN SA441000044180922000107). Course fee includes Course Material, Lunch and Refreshments.
Participants need to bear their own expenses for travel, boarding and lodging. Accommodation will not be provided within the campus, please contact directly to book the accommodation.

Who can participate?
The short course is intended for Clinicians, Psychologists, Physiotherapists, Psychiatrists, Psychiatrist Residents and Public Health Researchers.

Apply to the following address:
Dr. Siddig Ibrahim Abdelwahab
Course Coordinator,
Associate Professor & Head, Resource and Training Unit
Substance Abuse Research Center, Jazan University, Jazan, Kingdom of Saudi Arabia
Tel/Fax: 00966-17-31802881
Email: SARC@jazanu.edu.sa

Last date for receiving application 25th February 2015
**Time Table**

### Day 1: Introduction to Motivational Interviewing Training

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:30 a.m. – 9:00 a.m.</td>
<td>Sign-In/Registration</td>
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<tr>
<td>9:00 a.m. – 9:10 a.m.</td>
<td>Welcome, Introductions, and Announcements</td>
</tr>
<tr>
<td>9:10 a.m. – 10:30 a.m.</td>
<td>Introduction to Motivational Interviewing</td>
</tr>
<tr>
<td>10:30 a.m. – 10:45 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:45 a.m. – 12:00 p.m.</td>
<td>Introduction to Motivational Interviewing, continued</td>
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<tr>
<td>12:00 p.m. – 1:00 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 p.m. – 3:00 p.m.</td>
<td>Introduction to Motivational Interviewing, continued</td>
</tr>
<tr>
<td>3:00 p.m. – 3:15 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>3:15 p.m. – 4:20 p.m.</td>
<td>Motivational Interviewing Implementation Issues</td>
</tr>
<tr>
<td>4:20 p.m. – 4:30 p.m.</td>
<td>Closing Remarks and Evaluation</td>
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<tr>
<td>4:30 p.m.</td>
<td>Adjourn</td>
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</table>

### Day 2: Advanced Topics in Motivational Interviewing Training

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<td>9:10 a.m. – 10:30 a.m.</td>
<td>Review of Motivational Interviewing</td>
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<tr>
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<td>Micro-Skills Observation and Practice</td>
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<td>3:30 p.m. – 3:45 p.m.</td>
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About the Speaker
Albert L. Hasson, MSW

PROFESSIONAL EXPERIENCE

2002 – Present  Project Director, Jane and Terry Semel Institute for Neuroscience and Human Behavior, David Geffen School of Medicine at UCLA, UCLA Department of Psychiatry and Biobehavioral Science, Los Angeles, CA.

2002 – Present  Node Coordinator, Pacific Region Node, National Institute on Drug Abuse, Clinical Trials Network

1999 – 2000  Administrative Director, Los Angeles Addiction Research Consortium, Torrance, CA

1995 – 1999  Administrative Director, Pizarro Treatment Center, Los Angeles, CA

1992 – 2003  Director, Matrix Institute on Addictions, Opioid Treatment Program, Los Angeles, CA

1989 – 1992  Administrative Director, Matrix Institute on Addictions, Glendale, CA

1987 – 1989  Part-time Instructor, Department of Psychology, Allan Hancock Community College, Santa Maria, CA – Certification of Drug and Alcohol Counselors

1982 – 1989  Director, Community Health Projects, Inc, Santa Maria and Atascadero, CA

1977 – 1982  Research Associate, Sepulveda, V.A. Medical Center, Drug Dependence Treatment Center, North Hills, CA

Selected Publications


# Registration Form

**Substance Abuse Research Center, Jazan University, Jazan, Kingdom of Saudi Arabia**

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## Motivational Interviewing Workshop

**March 3-4, 2015**

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### Workshop Registration Form

<table>
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<tbody>
<tr>
<td><strong>Name</strong></td>
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<td><strong>Degree</strong></td>
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<td><strong>Mobile No</strong></td>
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<td><strong>Email</strong></td>
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#### Accommodation: (Please contact directly to book your accommodation)

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Last date for receiving application **25th February 2015**

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**Signature**

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**Telfax:** +9661731802881; **Email:** sarc@jazan.edu.sa; **Wrl:** [http://centers.jazan.edu.sa/sites/en/sarc/Pages/Default.aspx](http://centers.jazan.edu.sa/sites/en/sarc/Pages/Default.aspx)