

HeadsUp

Clinical Care in First Episode Psychosis (FEP) Grand Rounds Series 2026

**Tuesdays and Fridays
02/03/2026-08/30/2026
Virtual Sessions via Penn Zoom Events**

Conference/Session/Series Description

The HeadsUp 2026 Clinical Care in Early Psychosis Grand Rounds Series offers an intensive (54-hour) exploration of clinical care avenues via Dialectical Behavior Therapy for Psychosis and Motivational Interviewing for providers of First Episode Psychosis care. Sessions will be held virtually via Penn Zoom Events over the course of 27 business days via a grand-rounds format, weekly on Tuesdays or Fridays, from February to August 2026. There will be no cost to attend - sessions are funded through the Community Mental Health Services Block Grant (CFDA# 93.958) from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS), received through the Pennsylvania Department of Human Services Office of Mental Health and Substance Abuse Services (OMHSAS).

Conference/Session/Series Learning Objectives

- Identify and explain the core principles of Dialectical Behavior Therapy (DBT) and Motivational Interviewing (MI) as they apply to emotion regulation problems for people with Psychotic Spectrum Disorders (PSD).
- List and describe equity-related challenges commonly experienced by people with Psychotic Spectrum Disorders (PSD) that influence emotion regulation, and how to address them.
- Develop an understanding and demonstrate application of managing distress tolerance skills using Dialectical Behavior Therapy (DBT) for people with Psychotic Spectrum Disorders (PSD).
- Develop an understanding and demonstrate application, through the review of four (4) recorded practices, of the basic listening and engagement skills of Motivational Interviewing (MI) for people with Psychotic Spectrum Disorders (PSD).

Accreditation and Designation of Credit

In support of improving patient care, Penn Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians: Penn Medicine designates this live activity for a maximum of up to 54 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This program provides up to 54 NCPD hours.

Pharmacists: This Knowledge-Based (K) activity is approved for up to 54 ACPE contact hours of Continuing pharmacy education credit UAN JA0000324-0000-26-030-L04-P

Physician Assistants: Penn Medicine has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with the AAPA CME Criteria. This activity is designated for up to 54 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. This activity awards up to 54 credits for Psychologists.

Social Workers: Penn Medicine is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 54 general continuing education credits.

CE Cost

There is no cost to obtain CE/CMEs; however, complete duration attendance and completion of both the evaluation and attestation are required for each session for which CE/CMEs are requested. No partial CE/CMEs will be awarded.

Equal Opportunity/Nondiscrimination Statement

The University of Pennsylvania seeks talented students, faculty, and staff with a wide variety of backgrounds, experiences, and perspectives. The University of Pennsylvania does not discriminate on the basis of race, color, sex, sexual orientation, religion, creed, national or ethnic origin, citizenship status, age, disability, veteran status or any other legally protected class status in the administration of its admissions, financial aid, educational or athletic programs, or other University-administered programs or in its employment practices. Questions or complaints regarding this policy should be directed to the Executive Director of the Office of Equal Opportunity Programs; Franklin Building, 3451 Walnut Street, Suite 421, Philadelphia, PA 19104-6106; or (215) 898-6993.

For information or questions regarding speaker financial relationships, special needs requests, or the equal opportunity and nondiscrimination statement, please contact event coordinator, **Crystal Vatza**, at crystal.vatza@pennmedicine.upenn.edu. Special needs requests must be submitted in writing no less than 14 days prior to the start date of the event.

Grand Rounds Series Agenda

Due to national training standards, registration for MI is limited to 15 people per cohort. Joining other cohorts for missed sessions is not permitted. For questions or concerns about scheduling and attendance, contact our event coordinator, Crystal Vatza, at crystal.vatza@penmedicine.upenn.edu.

DBT: Tuesdays, 2/3/26-2/17/26

MI cohort 1: Fridays, 2/27/26-4/17/26

MI cohort 2: Tuesdays, 4/28/26-6/16/26

MI cohort 3: Tuesdays, 7/7/26-8/25/26

All sessions virtual via Penn Zoom Events

Dialectical Behavior Therapy

Tuesday, 2/3/26; 11:00a-1:00p

Dialectical Behavior Therapy: Mindfulness & Distress Tolerance

Description: This workshop will focus on the two acceptance-based modules of Dialectical Behavior Therapy (DBT) as applied to psychotic spectrum disorders (PSD): mindfulness and distress tolerance. Participants will learn adaptations for clients experiencing psychosis, explore practical strategies to support coping during times of acute distress, and consider how person-centered approaches and equity-informed practices can enhance engagement and outcomes.

Learning objectives:

- Explain the role of mindfulness and distress tolerance skills in supporting clients with psychotic spectrum disorders (PSD).
- Demonstrate at least two mindfulness practices adapted for clients experiencing psychosis.
- Apply distress tolerance strategies (e.g., self-soothing, distraction) to clinical case examples involving acute distress.

Intended Audience: All staff are encouraged to attend.

Tuesday, 2/10/26; 11:00a-1:00p

Dialectical Behavior Therapy: Distress Tolerance (part 2) & Emotion Regulation

Description: This workshop will focus on additional distress tolerance skills, including strategies tailored for individuals struggling with problematic drug use, and introduce emotion regulation techniques to support building a life worth living. Participants will learn to apply these strategies using a person-centered, non-pathologizing lens that accounts for equity and cultural context.

Learning objectives:

- Differentiate between crisis survival and reality acceptance skills within Dialectical Behavior Therapy (DBT)'s distress tolerance module.
- Demonstrate at least two crisis survival skills through roleplay or case application.
- Apply at least two DBT emotion regulation skills to clients with psychotic spectrum disorders (PSD).

Intended Audience: All staff are encouraged to attend.

Tuesday, 2/17/26; 11:00a-1:00p

Dialectical Behavior Therapy: Interpersonal Effectiveness & Behavior Chains

Description: This workshop will introduce interpersonal effectiveness skills, explore strategies for involving loved ones in treatment, and provide an overview of behavior chain analysis as a tool for understanding and changing problematic patterns. Participants will learn to apply these strategies using a disability justice approach that encourages community care.

Learning objectives:

- Demonstrate the use of one interpersonal effectiveness strategy in a simulated clinical scenario.
- Conduct a behavior chain analysis, including a solutions analysis.
- Apply Dialectical Behavior Therapy (DBT) strategies for engaging loved ones in supporting clients.

Intended Audience: All staff are encouraged to attend.

Motivational Interviewing COHORT 1

Friday, 2/27/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Introduction to MI Spirit and engagement skills; Practice with open-ended questions and simple reflections

Description: This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on an introduction to the MI Spirit and engagement skills, specifically addressing practice with open-ended questions and simple reflections.

Objectives:

- Describe an introduction to the Motivational Interviewing (MI) Spirit.
- Summarize engagement and listening skills.
- Express and practice open-ended questions and simple reflections.

Intended Audience: All staff are encouraged to attend.

Friday, 3/6/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Listening skills for engaging consumers – Identifying thoughts, feelings and values; Practice with complex reflections

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on listening skills for engaging clients specifically addressing identifying thoughts, feelings and values as well, as practice with complex reflections.

Objectives:

- Define and describe listening skills for engaging consumers' thoughts, feelings and values.
- Identify and practice complex reflections that reflect meaning.
- Identify and practice complex reflections that reflect feelings and values.

Intended Audience: All staff are encouraged to attend.

Friday, 3/13/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Focusing skills for engaging consumers – Framing the conversation; Practice with focusing skills and summaries

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on skills for engaging clients, specifically addressing how to frame a conversation and practice with focusing skills and summaries.

Objectives:

- Describe an overview of setting intentions and framing the conversation.
- Identify and practice focusing skills.
- Identify and practice summaries.

Intended Audience: All staff are encouraged to attend.

Friday, 3/20/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Strengths-based engagement skills; Practice with simple and complex affirmations

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on strengths-based engagement skills and practice with both simple and complex affirmations.

Objectives:

- Describe strategies for strengths-based engagement skills.
- Identify and practice simple affirmations.
- Identify and practice complex affirmations.

Intended Audience: All staff are encouraged to attend.

Motivational Interviewing COHORT 1

Friday, 3/27/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Recognizing change and sustain talk; Practice with evoking change talk

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on recognizing change and sustain talk, and specifically practice evoking change talk.

Objectives:

- Label change and sustain talk.
- Interpret change and sustain talk from participants' caseloads.
- Identify and practice evoking change talk.

Intended Audience: All staff are encouraged to attend.

Friday, 4/3/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Recognizing change and sustain talk; Practice with responding to sustain talk

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on recognizing change and sustain talk, and specifically practice responding to sustain talk.

Objectives:

- Describe how to respond to change and sustain talk.
- Explain of evocation skills.
- Identify and practice responding to sustain talk.

Intended Audience: All staff are encouraged to attend.

Friday, 4/10/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Engagement skills for emphasizing personal power and choice; Practice with autonomy support

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on engagement skills for emphasizing personal power and choice, and specific practice with autonomy support.

Objectives:

- Explain engagement skills for emphasizing personal power and choice.
- Define discord with personal power and choice.
- Identify and practice autonomy supports.

Intended Audience: All staff are encouraged to attend.

Friday, 4/17/26; 10:00a-12:00p (cohort 1)

Motivational Interviewing - Phases of an MI conversation; Planning to implement learning from series in ongoing work

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on the phases of an MI conversation and how to effectively implement learning from this series in ongoing work.

Objectives:

- Recall the phases of an MI conversation.
- Define and practice Agenda Setting with MI Spirit.
- Design, use and implementation of series learning into ongoing work.

Intended Audience: All staff are encouraged to attend.

Motivational Interviewing COHORT 2

Tuesday, 4/28/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Introduction to MI Spirit and engagement skills; Practice with open-ended questions and simple reflections

Description: This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on an introduction to the MI Spirit and engagement skills, specifically addressing practice with open-ended questions and simple reflections.

Objectives:

- Describe an introduction to MI Spirit.
- Summarize engagement and listening skills.
- Express and practice open-ended questions and simple reflections.

Intended Audience: All staff are encouraged to attend.

Tuesday, 5/5/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Listening skills for engaging consumers – Identifying thoughts, feelings and values; Practice with complex reflections

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on listening skills for engaging clients specifically addressing identifying thoughts, feelings and values as well, as practice with complex reflections.

Objectives:

- Define and describe listening skills for engaging consumers' thoughts, feelings and values.
- Identify and practice complex reflections that reflect meaning.
- Identify and practice complex reflections that reflect feelings and values.

Intended Audience: All staff are encouraged to attend.

Tuesday, 5/12/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Focusing skills for engaging consumers – Framing the conversation; Practice with focusing skills and summaries

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on skills for engaging clients, specifically addressing how to frame a conversation and practice with focusing skills and summaries.

Objectives:

- Describe an overview of setting intentions and framing the conversation.
- Identify and practice focusing skills.
- Identify and practice summaries.

Intended Audience: All staff are encouraged to attend.

Tuesday, 5/19/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Strengths-based engagement skills; Practice with simple and complex affirmations

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on strengths-based engagement skills and practice with both simple and complex affirmations.

Objectives:

- Describe strategies for strengths-based engagement skills.
- Identify and practice simple affirmations.
- Identify and practice complex affirmations.

Intended Audience: All staff are encouraged to attend.

Motivational Interviewing COHORT 2

Tuesday, 5/26/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Recognizing change and sustain talk; Practice with evoking change talk

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on recognizing change and sustain talk, and specifically practice evoking change talk.

Objectives:

- Label change and sustain talk.
- Interpret change and sustain talk from participants' caseloads.
- Identify and practice evoking change talk.

Intended Audience: All staff are encouraged to attend.

Tuesday, 6/2/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Recognizing change and sustain talk; Practice with responding to sustain talk

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on recognizing change and sustain talk, and specifically practice responding to sustain talk.

Objectives:

- Describe how to respond to change and sustain talk.
- Explain of evocation skills.
- Identify and practice responding to sustain talk.

Intended Audience: All staff are encouraged to attend.

Tuesday, 6/9/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Engagement skills for emphasizing personal power and choice; Practice with autonomy support

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on engagement skills for emphasizing personal power and choice, and specific practice with autonomy support.

Objectives:

- Explain engagement skills for emphasizing personal power and choice.
- Define discord with personal power and choice.
- Identify and practice autonomy supports.

Intended Audience: All staff are encouraged to attend.

Tuesday, 6/16/26; 10:00a-12:00p (cohort 2)

Motivational Interviewing - Phases of an MI conversation; Planning to implement learning from series in ongoing work

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on the phases of an MI conversation and how to effectively implement learning from this series in ongoing work.

Objectives:

- Recall the phases of an MI conversation.
- Define and practice Agenda Setting with MI Spirit.
- Design, use and implementation of series learning into ongoing work.

Intended Audience: All staff are encouraged to attend.

Motivational Interviewing COHORT 3

Tuesday, 7/7/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Introduction to MI Spirit and engagement skills; Practice with open-ended questions and simple reflections

Description: This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on an introduction to the MI Spirit and engagement skills, specifically addressing practice with open-ended questions and simple reflections.

Objectives:

- Describe an introduction to MI Spirit.
- Summarize engagement and listening skills.
- Express and practice open-ended questions and simple reflections.

Intended Audience: All staff are encouraged to attend.

Tuesday, 7/14/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Listening skills for engaging consumers – Identifying thoughts, feelings and values; Practice with complex reflections

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on listening skills for engaging clients specifically addressing identifying thoughts, feelings and values as well, as practice with complex reflections.

Objectives:

- Define and describe listening skills for engaging consumers' thoughts, feelings and values.
- Identify and practice complex reflections that reflect meaning.
- Identify and practice complex reflections that reflect feelings and values.

Intended Audience: All staff are encouraged to attend.

Tuesday, 7/21/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Focusing skills for engaging consumers – Framing the conversation; Practice with focusing skills and summaries

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on skills for engaging clients, specifically addressing how to frame a conversation and practice with focusing skills and summaries.

Objectives:

- Describe an overview of setting intentions and framing the conversation.
- Identify and practice focusing skills.
- Identify and practice summaries.

Intended Audience: All staff are encouraged to attend.

Tuesday, 7/28/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Strengths-based engagement skills; Practice with simple and complex affirmations

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on strengths-based engagement skills and practice with both simple and complex affirmations.

Objectives:

- Describe strategies for strengths-based engagement skills.
- Identify and practice simple affirmations.
- Identify and practice complex affirmations.

Intended Audience: All staff are encouraged to attend.

Motivational Interviewing COHORT 3

Tuesday, 8/4/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Recognizing change and sustain talk; Practice with evoking change talk

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on recognizing change and sustain talk, and specifically practice evoking change talk.

Objectives:

- Label change and sustain talk.
- Interpret change and sustain talk from participants' caseloads.
- Identify and practice evoking change talk.

Intended Audience: All staff are encouraged to attend.

Tuesday, 8/11/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Recognizing change and sustain talk; Practice with responding to sustain talk

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on recognizing change and sustain talk, and specifically practice responding to sustain talk.

Objectives:

- Describe how to respond to change and sustain talk.
- Explain of evocation skills.
- Identify and practice responding to sustain talk.

Intended Audience: All staff are encouraged to attend.

Tuesday, 8/18/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Engagement skills for emphasizing personal power and choice; Practice with autonomy support

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on engagement skills for emphasizing personal power and choice, and specific practice with autonomy support.

Objectives:

- Explain engagement skills for emphasizing personal power and choice.
- Define discord with personal power and choice.
- Identify and practice autonomy supports.

Intended Audience: All staff are encouraged to attend.

Tuesday, 8/25/26; 10:00a-12:00p (cohort 3)

Motivational Interviewing - Phases of an MI conversation; Planning to implement learning from series in ongoing work

This workshop series will present an overview of Motivational Interviewing (MI) skills and their application as they pertain to engagement with individuals experiencing early psychosis. Sessions will focus on listening and engagement skills that can improve client engagement and progress through focusing conversations, evoking change talk, and introducing planning. Attendance at all eight (8) sessions of the cohort is required, as well as the completion, submission, and processing of four (4) recorded practices of the skills. This session will focus on the phases of an MI conversation and how to effectively implement learning from this series in ongoing work.

Objectives:

- Recall the phases of an MI conversation.
- Define and practice Agenda Setting with MI Spirit.
- Design, use and implementation of series learning into ongoing work.

Intended Audience: All staff are encouraged to attend.

Speaker Bios



Maggie Mullen, LCSW, DBT-LBC Licensed Clinical Social Worker

Maggie Mullen, LCSW, DBT-LBC (they/them) is a clinical social worker, international trainer, and community activist with over fifteen years of experience helping people navigate psychosis. They authored *The Dialectical Behavior Therapy Skills Workbook for Psychosis*, a self-help book designed for people experiencing psychosis, and have published several chapters for clinicians on the same topic. Maggie specializes in culturally responsive, evidence-based care for psychotic spectrum disorders, trauma and PTSD, the LGBTQ+ community, and formerly incarcerated people. You can find them online at www.maggiemullen.com.



Kris Wright, MS, LCPC Licensed Clinical Professional Counselor (LCPC) and Clinical Supervisor

Kris Wright, LCPC, is a trainer in empirically supported practices, including a Motivational Interviewing National Trainer (MINT) and Licensed Clinical Professional Counselor (LCPC) and Clinical Supervisor in Maryland and Virginia. Kris' work focuses on the person-centered holistic approaches working with individual with emerging and persistent behavioral health concerns, co-occurring substance use, and trauma histories focuses on identifying and addressing the impacts of multiple life domains on individuals' behavioral health.