

DIMENSIONS: Motivational Interviewing for Behavior Change Level II (Intermediate)

A training program for healthcare professionals offered by the Behavioral Health and Wellness Program at the University of Colorado School of Medicine

 **December 7 - 8, 2022**

 **9am to 4pm**

 **\$675**

FOR DETAILS AND TO REGISTER FOR THIS VIRTUAL TRAINING, CLICK HERE!

In this two-day intensive, experiential training, participants will build on their foundational Motivational Interviewing (MI) skills through:

- An increased understanding and application of the MI Spirit;
- Use of strategic reflections to evoke change talk;
- Practice of engagement, focusing, and evocation strategies in clinical conversations.

Who should attend? Any healthcare professional who:

- Has prior training in Motivational Interviewing (see prerequisites on website)
- Is interested in deepening and developing your MI practice
- Is ready to take your MI skill base to the next level in clinical care

What is MI?

Motivational Interviewing is a collaborative conversational style that strengthens a person's own motivation and commitment to change by exploring and resolving ambivalence. MI is a guiding approach that is used in a variety of healthcare settings to assist individuals to prepare themselves to take action.

Training facilitated by Cindy Morris, a Motivational Interviewing Network of Trainers (MINT)-certified trainer and MINT Member, and Kathleen Moreira, a MINT member.

For more information about Motivational Interviewing for Behavior Change, visit <https://www.bhwellness.org/trainings/mibc>



Department of Psychiatry
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BHWP's mission is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals.

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