DIMENSIONS: Motivational Interviewing for Behavior Change
Level I

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

October 28 - 29, 2020
9am to 4pm
$675

This two-day intensive training will guide participants through a sequence of learning activities to support the development of proficiency in the application of MI. In this training, participants will:

• Explore ways to enhance behavior change using the MI approach;
• Learn the key principles and core skills of MI;
• Practice MI skills and strategies designed to evoke motivation for change.

You should attend this training if you are a healthcare professional who:

• Works with people to change their health behaviors;
• Is interested in translating their MI knowledge into practice;
• Wants a hands on opportunity to hone their MI skills.

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.

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

Training facilitated by Kathleen Garrett, MA, Motivational Interviewing Network of Trainers (MINT) member and Cindy Morris, PsyD, MINT-certified trainer and MINT member.

For details and to register for this virtual training, click here!