



# 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

 **February 10 - 11, 2021**

 **9am to 4pm**

 **\$675**

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

**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.

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.

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

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



Department of Psychiatry  
SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

*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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