

# DIMENSIONS: Motivational Interviewing for Behavior Change Level II

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

**Dates:** August 6 - 7, 2019

**Time:** 8:30am to 4:30pm

**Cost:** \$600\*

\* Includes  
breakfast & lunch

**\$499\***

**EARLY BIRD  
PRICING THROUGH  
MAY 30!**

**Location:** University of Colorado  
Anschutz Medical Campus  
Strauss Health Sciences Library  
12950 E. Montview Blvd.  
Aurora, CO

## 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 focus on advanced application of Motivational Interviewing (MI) for healthcare professionals, including methods for:

- Strategically eliciting and strengthening change and commitment talk;
- Decreasing and managing discord;
- Deepening skills of engagement and evocation.

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

- Has prior training and reasonable proficiency in Motivational Interviewing;
- Is interested in taking your MI skill base to the next level in clinical care;
- Is fulfilling advanced training requirements for application to the Motivational Interviewing Network of Trainers (MINT)

*Training facilitated by Kathleen Garrett, MA, Cindy Morris, PsyD, & Chad Morris, PhD, members of the International Motivational Interviewing Network of Trainers (MINT)*

**For more information about Motivational Interviewing for Behavior Change, visit <https://www.bhwellness.org/programs/motivational-interviewing>**



Behavioral Health &  
Wellness Program



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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