

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

 **December 9 - 10, 2020**

 **9am to 4pm**

 **\$675**

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

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)

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 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
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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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