

# 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

 **June 8 - 9, 2022**

 **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 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 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>**



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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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