

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

Date: July 29 - 30, 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
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 information about Motivational Interviewing for Health Behavior Change, visit
<https://www.bhwellness.org/programs/motivational-interviewing>**



Behavioral Health &
Wellness Program

University of Colorado Anschutz Medical Campus
School of Medicine

BHWP's mission is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals.

1784 N. Racine Street
Mail Stop F478
Aurora, Colorado 80045

P: 303.724.3713
E: bh.wellness@ucdenver.edu
W: www.bhwellness.org