

The instructor:

LAURA A. SAUNDERS, MSSW

Member of the Motivational Interviewing Network of Trainers (MINT)



Biography:

Laura A. Saunders, MSSW has more than 26 years experience with the Department of Family Medicine at the University of Wisconsin School of Medicine and Public Health. Training and coaching others in basic interviewing techniques, administering assessment instruments, and interventions to promote behavior change has been the focus of Saunders' career. She has worked extensively with physicians, nurses, medical students, psychologists, specialty addiction treatment providers, social workers, physical therapists and health educators.

Saunders is a member of the International Motivational Interviewing Network of Trainers (MINT) and has practiced and taught Motivational Interviewing for over 21 years. She has designed, facilitated, and delivered training and coaching in person, online, and via distance learning in the fields of health care, human service, public health and criminal justice. Saunders has provided trainings in Motivational Interviewing throughout the United States and internationally.

“Feedback and coaching, both individually and combined, significantly improved clinician MI proficiency beyond the effects of a two-day training workshop.”

Miller, W.R. & Rose, G.S. (2009).
Toward a Theory of Motivational Interviewing.
American Psychologist, 64(6), 527-537.

REGISTER TODAY!

www.uwlax.edu/mi

Reaching Toward Proficiency

Fee: \$180 early registration on/before Monday, April 2
\$198 registration, April 3 and after

Options for Continuing Education Hours:
1.2 CEUs or 12 (Category 1) CECHs for CHES/MCHES

Beyond the Basics

Fee: \$180 early registration on/before Tuesday, May 15
\$198 registration, May 16 and after

Options for Continuing Education Hours:
1.2 CEUs or 12 (Category 1) CECHs for CHES/MCHES

Moving Your Motivational Interviewing Practice Skills Toward Excellence

Fee: \$190 early registration on/before Tuesday, July 17
\$200 registration, July 18 and after

Options for Continuing Education Hours:
6 CEUs or 6 (Category 1) CECHs for CHES/MCHES

Morning break items and lunch, plus helpful handouts are included for all programs.

Registration information:
608.785.6500 or conted@uwlax.edu

Program information:
Gary D. Gilmore, M.P.H., Ph.D., at ggilmore@uwlax.edu

If you are planning to register solely for the “Beyond the Basics” workshop, you must have taken one of the following steps: (1) have already taken the basic workshop last year; or (2) have already taken another 2-3 day fundamental motivational interviewing workshop experience elsewhere. If you are not certain, email Laura Saunders prior to the offering of the workshop to make certain you are prepared for the “Beyond the Basics” workshop: lauraannsanders@gmail.com.

Cancellation Policy: Full refund less \$25 processing fee when notified in writing at least two weeks prior to the start of the event. No refunds after that point. Substitutions will be accepted. Registration implies permission for photos, publicity & inclusion in a participant list unless Continuing Education and Extension is notified in writing prior to the program.

UNIVERSITY OF WISCONSIN-LA CROSSE

MOTIVATIONAL INTERVIEWING WORKSHOPS

REACHING TOWARD PROFICIENCY:
Motivational Interviewing and Behavior Change
April 16–17, 2018

BEYOND THE BASICS:
Recognizing and Amplifying Motivation for Positive Change
May 29–30, 2018

MOTIVATIONAL INTERVIEWING WORKSHOP
Moving Your Motivational Interviewing Practice Skills Toward Excellence
July 31, 2018



Offered through Community Health,
Continuing Education and Extension

Continuing Education
and Extension





WHO SHOULD PARTICIPATE:

- Health care providers
- Physicians
- Clinical therapist
- Human services professionals
- Social workers
- Psychologists
- Nurses
- Home health workers
- Chaplains
- Students

Providers who choose to attend this workshop will leave with an increased ability to recognize and respond to change talk, sustain talk, discordance, and planning readiness. Participants will have an increase in their knowledge around how to motivate their patients to change and how to help them successfully plan for change.

LEVEL: INTRODUCTORY

REACHING TOWARD PROFICIENCY:

Motivational Interviewing and Behavior Change

Through this unique experience, you will come to understand the theory behind Motivational Interviewing (MI), including the how and why of lifestyle or behavioral changes. MI focuses on enhancing internal motivation for change. Participants will become involved in discussion opportunities, viewing videos, and participating in interactive exercises, coupled with practicing the course content. Participants will concentrate on the process of engaging in an MI adherent way.

Overall, this workshop will set you on your journey towards proficiency in Motivational Interviewing (MI). Participants will increase their understanding and use of the relational aspects of MI. There will be ample opportunity to observe and practice MI-specific communication.

April 16–17, 2018

9 a.m.–4 p.m. each day

LEARNING OBJECTIVES:

- Explore and discuss the benefits of learning MI.
- Become acquainted with relevant evidence of MI effectiveness in many practice settings.
- Explain the four processes in Motivational Interviewing.
- Apply the spirit of Motivational Interviewing to patient interactions.
- Observe and practice all of the fundamental skills: Active listening, reflections, open-ended questions, affirmations and summaries.
- Use reflective listening to deal with discordance.
- Learn how to share information in an MI adherent way.
- Create an individual learning plan to move toward MI proficiency.

LEVEL: INTERMEDIATE

BEYOND THE BASICS:

Recognizing and Amplifying Motivation for Positive Change

Participants will be provided with multiple opportunities to stretch their use of open-ended questions, affirmations, reflections and summaries (OARS) beyond the basics. The competent use of motivational interviewing also requires one to be highly skilled in the use of complex reflections. Participants will concentrate on the processes of focusing, evoking and planning.

May 29–30, 2018

9 a.m.–4 p.m. each day

LEARNING OBJECTIVES:

- Recognize, explain and demonstrate the spirit and skills practitioners use in Motivational Interviewing (MI).
- Recognize and apply different strategies for finding a focus.
- Recognize client language cues and MI-appropriate responses for moving client's toward change.
- Utilize open-ended questions, affirmations, reflections and summaries (OARS) to shape the direction of the session.
- Discuss the Motivational Interviewing Treatment Integrity Scale (MITI 4.1) and its use (and limitations) in improving the style of MI.
- Continue to demonstrate the spirit and skills practitioners use in MI.
- Use a modified MITI 4.1 to rate classroom practice samples.
- Continue to practice evoking and amplifying change talk.
- Describe client cues for planning readiness.
- Discuss MI-adherent planning.
- Prepare to rate one's own practice for fidelity to the principles of motivational interviewing and develop a plan for continuing to learn.

LEVEL: ADVANCED

MOTIVATIONAL INTERVIEWING WORKSHOP

Moving Your Motivational Interviewing Practice Skills Toward Excellence

Bring out your uniqueness!

Individualized training for you with a MINT instructor!

This interactive and engaging workshop experience is for practitioners and providers who have participated in multiple Motivational interviewing training events. Participants in this course are ready for individualized feedback and exercises tailored to the group's needs. Professionals will acquire a better understanding of how to move their practice forward and develop a plan for doing so.

Course attendance requirement

Participants in this workshop are required to submit a 20-minute MI practice audio recording using specific guidelines two weeks before the start of the course.

Individualized feedback on each practice sample will be prepared and shared at the start of the day so that participants can focus their learning on areas identified for improvement.

July 31, 2018 | 9 a.m.–4 p.m.

LEARNING OBJECTIVES:

- Learn the benchmarks of good MI practice.
- Understand and interpret individualized MITI 4.1 feedback.
- Continue to develop skills for proficient practice: Question to reflection ratio of 2:1; complex reflections; change talk, and responding to change talk; evoking and dealing with sustain talk.
- Learn to recognize the cues for planning readiness.
- Create an individualized learning plan to continue to move toward competency.
- Discuss integrating MI into your practice and your agency.