Online Learning Benefits

In the interest of Public Health, all Fall 2020 Motivational Interviewing workshops will be offered through internet-based technology. You will collaborate and engage—in real time—with your instructor and classmates to learn, explore, and practice key Motivational Interviewing skills.

- No travel or associated travel costs
- Live/synchronous video instruction
- Interactive exercises
- Valid, diverse and meaningful resources
- Virtually interact with a diverse participant group—potentially from around the nation
- CECHs for CHES/MCHES
- NBCC CE Hours option
- UW-La Crosse CEUs

National Board for Certified Counselors

University of Wisconsin-La Crosse Extended Learning has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 6303. Programs that do not qualify for NBCC credit are clearly identified. University of Wisconsin-La Crosse Extended learning is solely responsible for all aspects of the programs.

Additional $15 fee for NBCC CE hours.

WEB SITE: www.uwlax.edu/mi

REGISTER TODAY!
www.uwlax.edu/mi
ex@uwlax.edu or 608.785.6500

Package of all 3 workshops:
Save $82
Register by Aug. 10
Register Aug. 11 or after
$725
$875

INTRODUCTORY: Choose from two options

Reaching Toward Proficiency:
Motivational Interviewing and Behavior Change
1.2 CEUs or 12 Category 1 CECHs for CHES/MCHES
Option A: September 10–11, 2020
Register by Aug. 10
Register Aug. 11 or after
$249
$299

Option B: October 5–6, 2020
Register by Sep. 5
Register Sep. 6 or after
$249
$299

INTERMEDIATE: November 19–20, 2020
Beyond the Basics: Recognizing and Amplifying Motivation for Positive Change
1.2 CEUs or 12 Category 1 CECHs for CEHS/MCHES
Register by Oct. 19
Register Oct. 20 or after
$249
$299

ADVANCED: December 15, 2020
Moving Your Motivational Interviewing Practice Skills Toward Excellence
6 CEUs or 6 Category 1 CECHs for CEHS/MCHES
Register by Nov. 15
Register Nov. 16 or after
$309
$359

National Board for Certified Counselors (NBCC)

Reaching Toward Proficiency: 11 NBCC CE Hours
Register by Aug. 10
$15 per workshop

Beyond the Basics: 11 NBCC CE Hours
Register by Aug. 10
$15 per workshop

PROGRAM INFORMATION:
Gary D. Gilmore, M.P.H., Ph.D., MCHES at ggilmore@uwlax.edu

Special notice for those recertifying as CHES or MCHES:
For those who are CHES or MCHES certified, there is an important recently initiated recertification requirement by the National Commission for Health Education Credentialing, Inc. (NCHEC) termed Continuing Competency which is to be assessed by Multiple Event Providers (MEPs) like Extended Learning, University of Wisconsin-La Crosse. We fully support this requirement for those who are certified through NCHEC to demonstrate specified levels of knowledge, skills, and/or ability throughout one’s professional career. Several of our programs will provide learning opportunities that can enable you to demonstrate up to 5 Continuing Competency CECHs as you prepare for recertification through a special post-program assessment process. To find out more about the assessment process which needs to be requested, contact Dr. Gilmore.

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 23 day fundamental motivational interviewing workshop experience elsewhere. If you have questions about your readiness for taking the Beyond the Basics and/or the Advanced workshop, please contact Extended Learning for the best way to communicate with Laura Saunders prior to either workshop. Extended Learning can be reached at extedu@uwlax.edu or 608.785.6500.

UNIVERSITY OF WISCONSIN–LA CROSSE
Motivational Interviewing Workshops
An online learning opportunity!

Introductory
September 10–11, 2020 or October 5–6, 2020
Reaching Toward Proficiency: Motivational Interviewing and Behavior Change

Intermediate
November 19–20, 2020
Beyond the Basics: Recognizing and Amplifying Motivation for Positive Change

Advanced
December 15, 2020
Moving Your Motivational Interviewing Practice Skills Toward Excellence

WWW.UWLAX.EDU/MI
608.785.6500

Offered by UW-La Crosse Community Health Extended Learning
WHO SHOULD PARTICIPATE:
- Health Care Providers
- Health Education Specialists
- Health Promotion Specialists
- Physicians
- Clinical Therapists
- Human Services Professionals
- Public Health Professionals
- Social Workers
- Psychologists
- Nurses
- Home Health Workers
- Chaplains
- Students
- Educators

BENEFITS OF THE ADVANCED WORKSHOP
- Submit a practice recording for review
- Laura’s robust one-on-one analysis and feedback of your practice documented and provided at the workshop
- Focus your learning on identified improvement areas
- Different styles and examples of stories will be provided

REGISTER EARLY AND SAVE!

www.uwlax.edu/mi

608.785.6500 or ex@uwlax.edu

Intermediate November 19-20, 2020
BEYOND THE BASICS: Recognizing and Amplifying Motivation for Positive Change

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

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 clients 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.

Advanced December 15, 2020
Moving Your Motivational Interviewing Practice Skills Toward Excellence

Individualized training for you with a MIINT instructor!
This interactive and engaging workshop experience is for you if you have participated in multiple Motivational Interviewing training events. After multiple exposures, in class and out of class practice, you are ready for individualized feedback and exercises tailored to the group’s collective needs. Through this workshop, you will acquire a better understanding of how to move your practice forward and develop a plan for doing so. You will leave with an increased ability to recognize and respond to change talk, sustain talk, discordance, and planning readiness. Increase your ability to motivate patients and clients to change and help them successfully plan for change.

Course attendance requirement:
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 you can focus your learning on areas identified for improvement.

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.

Introductory September 10-11, 2020 or October 5-6, 2020
REACHING TOWARD PROFICIENCY: Motivational Interviewing and Behavior Change

Through this unique experience, you will appreciate the evidence-based practice of Motivational Interviewing, including the how and why of lifestyle or behavioral changes. MI focuses on enhancing internal motivation for change. You will be involved in discussion opportunities, view videos, and participate in interactive exercises, coupled with practice of the course content. You will concentrate on the process of engaging in an MI adherent way. Overall, this workshop will set you on your journey toward proficiency in Motivational Interviewing (MI). You will increase your understanding and use of the relational aspects of MI. There will be ample opportunity to observe and