

## Motivational Interviewing Workshops

*An online learning opportunity!*

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| <b>Introductory</b> | <b>March 18–19, 2021</b><br><b>REACHING TOWARD PROFICIENCY: Motivational Interviewing and Behavior Change</b>   |
| <b>Intermediate</b> | <b>April 22–23, 2021</b><br><b>BEYOND THE BASICS: Recognizing and Amplifying Motivation for Positive Change</b> |
| <b>Advanced</b>     | <b>May 21, 2021</b><br><b>Moving Your Motivational Interviewing Practice Skills Toward Excellence</b>           |



Offered by UW-La Crosse  
Community Health  
Extended Learning



## Online Learning Benefits

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.

**WWW.UWLAX.EDU/MI**  
**608.785.6500**

## REGISTER TODAY!

[www.uwlax.edu/mi](http://www.uwlax.edu/mi)

ex@uwlax.edu or 608.785.6500

|   |                              |                                    |
|---|------------------------------|------------------------------------|
| <b>Package of all 3 workshops:</b><br>Save \$82   | Register by Feb. 19<br>\$725 | Register Feb. 20 or after<br>\$875 |
| <b>INTRODUCTORY: March 18–19, 2021</b><br><b>Reaching Toward Proficiency: Motivational Interviewing and Behavior Change</b><br>1.2 CEUs or 12 Category 1 CECHs for CHS/MCHES  | Register by Feb. 19<br>\$249 | Register Feb. 20 or after<br>\$299 |
| <b>INTERMEDIATE: April 22–23, 2021</b><br><b>Beyond the Basics: Recognizing and Amplifying Motivation for Positive Change</b><br>1.2 CEUs or 12 Category 1 CECHs for CEHS/MCHES   | Register by Mar. 22<br>\$249 | Register Mar. 23 or after<br>\$299 |
| <b>ADVANCED: May 21, 2021</b><br><b>Moving Your Motivational Interviewing Practice Skills Toward Excellence</b><br>.6 CEUs or 6 Category 1 CECHs for CEHS/MCHES   | Register by Apr. 21<br>\$309 | Register Apr. 22 or after<br>\$359 |
| <b>National Board for Certified Counselors (NBCC)</b><br>Reaching Toward Proficiency: 11 NBCC CE Hours<br>Beyond the Basics: 11 NBCC CE Hours<br>Moving your MI Practice Skills Toward Excellence:<br>- 5.5 NBCC CE Hours | \$15 per workshop            | \$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 and demonstrating continuing competency:

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. As a first step, you can go to:  
[www.nchec.org/news/posts/continuing-competency-requirements-for-re-certification](http://www.nchec.org/news/posts/continuing-competency-requirements-for-re-certification)  
for additional information and the assessment form. Thereafter, you can communicate with Dr. Gilmore to discuss Continuing Competency performance options.

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 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 ex@uwlax.edu or 608.785.6500.



**Instructor: LAURA A. SAUNDERS, M.S.S.W.**

Member of the Motivational Interviewing Network of Trainers (MINT) Laura A. Saunders, M.S.S.W., is with the Great Lakes Addictions, Mental Health and Prevention Technology Centers serving as the State Project Manager for Wisconsin. Her position is housed at the University of Wisconsin-Madison where she's worked since 1988. Since 2001, Laura has provided Motivational Interviewing training to physicians, nurses, medical students, psychologists, specialty addiction treatment providers, social workers, health promotion specialists, physical therapists, health educators, and staff who work in correctional settings. Laura designs, facilitates, and delivers training and coaching in person, online, and via distance learning in the fields of health care, human services, public health, public safety, and criminal justice. She has delivered over 120 beginning, intermediate, and advanced-skills and coding workshops. She has provided feedback and coaching to hundreds of social workers, correctional staff and other human service providers who are interested in using MI to fidelity. She joined the International group of Motivational Interviewing Network of Trainers (MINT) in 2006 (Sophia, Bulgaria) and is an active member of the Wisconsin MINT group.

**WHO SHOULD PARTICIPATE:**

- Health Care Providers
- Health Education Specialists
- Health Promotion Specialists
- Physicians
- Clinical Therapists
- Health & 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**

**Introductory** **March 18–19, 2021**  
**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

**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.

**Intermediate** **April 22–23, 2021**  
**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** **May 21, 2021**  
**Moving Your Motivational Interviewing Practice Skills Toward Excellence**

**Individualized training for you with a MINT 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.

**REGISTER EARLY AND SAVE!**

**www.uwlax.edu/mi**

**608.785.6500 or ex@uwlax.edu**