MOTIVATIONAL INTERVIEWING (MI)
ONLINE WORKSHOP SERIES

Introductory
March 24–25, 2022 | 9 a.m.–4 p.m., Central Time
REACHING TOWARD PROFICIENCY:
Motivational Interviewing & 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. You will increase your understanding and use of the relational aspects of MI. There will be ample opportunity to observe and practice MI-specific communication.

1.2 CEUs or 12 Category 1 contact education hours for CHES or MCHES | 12 National Board for Certified Counselors (NBCC) CE hours

Intermediate
April 28–29, 2022 | 9 a.m.–4 p.m., Central Time
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 skills. You will concentrate on the process of focusing, evoking, and planning.

1.2 CEUs or 12 Category 1 contact education hours for CHES or MCHES | 11.5 National Board for Certified Counselors (NBCC) CE hours

Advanced
May 24, 2022 | 9 a.m.–4 p.m., Central Time
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.

11.5 National Board for Certified Counselors (NBCC) CE hours

WHO SHOULD PARTICIPATE:
- Health Care Providers
- Social Workers
- Health Education Specialists
- Psychologists
- Health Promotion Specialists
- Nurses
- Public Health Professionals
- Physicians
- Home Health Workers
- Chaplains
- Clinical Therapists
- Students
- Educators
- Health & Human Services Professionals

REGISTER TODAY: uwlax.edu/health
608.785.6500 • ex@uwlax.edu
Recertifying as CHES and demonstrating continuing competency? Please see the program website for additional details.