

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

Package of all 3 workshops: <i>Save over \$100 when you purchase a complete package of workshops!</i>	Register by Aug. 20	Register Aug. 21 or after
	\$859	\$959
INTRODUCTORY: September 20–21, 2021 Reaching Toward Proficiency: Motivational Interviewing and Behavior Change 1.2 CEUs or 12 Category 1 CECHs for CHS/MCHES	Register by Aug. 20	Register Aug. 21 or after
	\$299	\$359
INTERMEDIATE: October 21–22, 2021 Beyond the Basics: Recognizing and Amplifying Motivation for Positive Change 1.2 CEUs or 12 Category 1 CECHs for CEHS/MCHES	Register by Sep. 20	Register Sep. 21 or after
	\$299	\$359
ADVANCED: December 7, 2021 Moving Your Motivational Interviewing Practice Skills Toward Excellence .6 CEUs or 6 Category 1 CECHs for CEHS/MCHES	Register by Nov. 7	Register Nov. 8 or after
	\$369	\$419
National Board for Certified Counselors (NBCC) Reaching Toward Proficiency: 10.5 NBCC CE Hours Beyond the Basics: 10.5 NBCC CE Hours Moving your MI Practice Skills Toward Excellence: - 5.75 NBCC CE Hours	\$20 per workshop	\$20 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 University of Wisconsin-La Crosse Graduate & Extended Learning. 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 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* or the *Advanced* 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 Graduate & Extended Learning at ex@uwlax.edu or 608.785.6500.

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
- Category 1 CECHs for CHES or MCHES
- NBCC CE Hours option
- UW-La Crosse CEUs

National Board for Certified Counselors



University of Wisconsin-La Crosse Graduate & 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 Graduate & Extended Learning is solely responsible for all aspects of the programs.

Additional \$20 per course fee for NBCC CE hours.

WWW.UWLAX.EDU/MI
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UNIVERSITY OF WISCONSIN—LA CROSSE

Motivational Interviewing Workshops

Online learning opportunities!

Introductory	September 20–21, 2021 REACHING TOWARD PROFICIENCY: Motivational Interviewing and Behavior Change
Intermediate	October 21–22, 2021 BEYOND THE BASICS: Recognizing and Amplifying Motivation for Positive Change
Advanced	December 7, 2021 Moving Your Motivational Interviewing Practice Skills Toward Excellence



GRADUATE & EXTENDED LEARNING | **UWL**



Offered by UW-La Crosse
Community Health
Graduate & Extended Learning



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

Member of the Motivational Interviewing Network of Trainers (MINT) Laura A. Saunders, 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 facilitated Motivational Interviewing training for physicians, nurses, medical students, psychologists, specialty addiction treatment providers, social workers, health promotion specialists, physical therapists, health educators, human services professionals 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

Introductory **September 20–21, 2021 | 9 a.m.–4 p.m., Central Time**
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

LEARNING OBJECTIVES:

- Identify the key aspects of the Motivational Interviewing style and spirit.
- Describe each process of Motivational Interviewing (Engaging, Focusing, Evoking, Planning) and how each contributes to promoting positive behavior change.
- Apply Motivational Interviewing skills for efficient and effective engagement (the Relational Foundation).
- Begin integrating Motivational Interviewing into your everyday change conversations.
- Engage in an ongoing learning process to achieve fidelity.

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

Intermediate **October 21–22, 2021 | 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 reflections. You will concentrate on the processes of focusing, evoking and planning.

LEARNING OBJECTIVES:

- Name the elements of Motivational Interviewing spirit and basic skills used in the engaging process.
- Define and summarize the processes of focusing and evoking.
- Identify different strategies for focusing and prepare to apply them to client interactions.
- Define and recognize change talk, sustain talk and discordance.
- Differentiate between client cues of readiness, ambivalence and discordance.
- Construct effective responses to different client cues.
- Practice using all aspects of Motivational Interviewing (relational and technical skills) in classroom interactions.
- Prepare to use all aspects of Motivational Interviewing with persons with whom you work.

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**

Advanced **December 7, 2021 | 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

LEARNING OBJECTIVES:

- Evaluate practice skills and set goals based on expert feedback.
- Increase comfortability and accuracy of Motivational interviewing self-assessment.
- Set individualized, realistic, and attainable goals for moving Motivational Interviewing practice toward proficiency.
- Increase knowledge of resources to improve practice.

REGISTER EARLY AND SAVE!

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