The instructor:
LAURA A. SAUNDERS, MSSW
Member of the Motivational Interviewing Network of Trainers

Biography:
Laura A. Saunders, MSSW has more than 25 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 intensively 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 20 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 internationally, as well as extensively throughout the United States.

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: lauraannsaunders@gmail.com.

Reaching Toward Proficiency: Motivational Interviewing and Behavior Change

Who Should Participate:
This special workshop is for health and human service professionals and students who wish to assist others in developing their healthy lifestyle activities.

Register Today!
www.uwlax.edu/conted/MI

Beyond the Basics: Recognizing and Amplifying Motivation for Positive Change

Who Should Participate:
Health and human service professionals and students with some prior experience in motivational interviewing who wish to strengthen their skills in facilitating change in the people they serve.

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.

Register Today!
www.uwlax.edu/conted/MI
**Reaching Toward Proficiency:**

**Motivational Interviewing and Behavior Change**

**FEE:** $175 for this workshop on/before Friday, Oct. 16
($190 thereafter)

Options for Continuing Education Hours:
1. 2 CEUs or
2. (Category 1) CECHs for CHES or
3. (Category 1) CECHs for MCHES

**Reaching Toward Proficiency**

Fee: $175 early registration on/before Friday, Sept. 18
($190 thereafter)

Options for Continuing Education Hours:
1. 2 CEUs or
2. (Category 1) CECHs for CHES or
3. (Category 1) CECHs for MCHES

**Beyond the Basics**

Fee: $175 early registration on/before Friday, Oct. 16
($190 thereafter)

Options for Continuing Education Hours:
1. 2 CEUs or
2. (Category 1) CECHs for CHES or
3. (Category 1) CECHs for MCHES

**Registering for both programs:** $329 on/before Friday, Sept. 18.

**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. Registration implies permission for photos, publicity & inclusion in a participant list unless Continuing Education/Extension is notified in writing prior to the program.

*Registration includes lunch each day, morning break and handout materials.

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**LEARNING OBJECTIVES:**

**Tuesday, Oct. 6 | 9 a.m.-4 p.m.:**
1. Explore and discuss the benefits of learning MI
2. Become acquainted with relevant evidence of MI effectiveness in many practice settings.
3. Explain the four processes in Motivational Interviewing.
4. Apply the spirit of Motivational Interviewing to patient interactions.
5. Observe and practice fundamental skills; active listening and reflections.

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.

**Wednesday, Oct. 7 | 9 a.m.-4 p.m.:**
1. Observe and practice all of the fundamental skills: Active listening, reflections, open-ended questions, affirmations and summaries.
2. Use reflective listening to deal with discordance.
3. Learn how to share information in an MI adherent way.
4. Create an individual learning plan to move toward MI proficiency.

**Wednesday, Oct. 7 | 9 a.m.-4 p.m.:**
1. Observe and practice all of the fundamental skills: Active listening, reflections, open-ended questions, affirmations and summaries.
2. Use reflective listening to deal with discordance.
3. Learn how to share information in an MI adherent way.
4. Create an individual learning plan to move toward MI proficiency.

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**LEARNING OBJECTIVES:**

**Tuesday, Nov. 3 | 9 a.m.-4 p.m.:**
1. Recognize, explain and demonstrate the spirit and skills practitioners use in Motivational Interviewing (MI).
2. Recognize and apply different strategies for finding a focus.
3. Recognize client language cues and MI-appropriate responses for moving client’s toward change.
4. Utilize open-ended questions, affirmations, reflections and summaries (OARS) to shape the direction of the session.
5. Discuss the Motivational Interviewing Treatment Integrity Scale (MITI 4.1) and its use (and limitations) in improving the style of MI.

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**November 3-4, 2015**

9 a.m.-4 p.m. each day

UW-La Crosse | 259 Cartwright Center

FEE: $175 for this workshop on/before Friday, Oct. 16
($190 thereafter)

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.

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**For additional program information, contact Dr. Gilmore at ggilmore@uwlax.edu**

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**For additional registration information, call 608.785.6500 or email conted@uwlax.edu**

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**January 4-5, 2016**

9 a.m.-4 p.m. each day

UW-La Crosse | 259 Cartwright Center

FEE: $175 for this workshop on/before Jan. 14, 2016
($190 thereafter)

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.

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**For additional registration information, call 608.785.6500 or email conted@uwlax.edu**

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**For additional program information, contact Dr. Gilmore at ggilmore@uwlax.edu**

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Morning break items and lunch, plus helpful handouts are included in both programs.

Special combination fee when registering for both programs: $329 by Friday, Sept. 18.