Motivational Interviewing: Beginning and Certificate Level Programs

General Information

Location: Pyle Center, 702 Langdon St., Madison, WI. Enjoy lunch on your own at the many nearby restaurants or at the UW-Madison Memorial Union, located one block away. Outside food items (including items from home) are NOT allowed to be consumed at the Pyle Center.

Cancellation policy: If you cancel your registration at least three full business days before a program begins, you may be eligible for a full refund minus a $25 administrative fee. If you cancel less than three full business days before the program begins, or do not attend, you are responsible for the entire registration fee.

Approved Hours/Continuing Education Credits:

- 0.1 CEU=1 hour of professional continuing education. Participants receive verification of attendance at end of program. The University of Wisconsin-Madison Division of Continuing Studies is an acceptable continuing education provider for the following:

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Social Workers: UW-Madison Division of Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB, aswb.org), through the Approved Continuing Education (ACE) program. UW-Madison Division of Continuing Studies maintains responsibility for the program. ASWB Approval Period: 4/27/2016-4/27/2019. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 30 continuing education clock hours. Wisconsin Department of Safety and Professional Services, and the Iowa, Illinois, Michigan, and Minnesota Boards of Social Work recognize ACE programs.

Psychologists: UW-Madison Division of Continuing Studies is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. UW-Madison Division of Continuing Studies maintains responsibility for these programs and their content.

Counselors: UW-Madison Continuing Studies has been approved by the National Board for Certified Counselors (NBCC). Approved Continuing Education Provider (ACEP) #5990. Programs that do not qualify for NBCC credit are clearly identified. University of Wisconsin-Madison Division of Continuing Studies is solely responsible for all aspects of the programs.

Health Educators (CHES/MCHES): UW-Madison Division of Continuing Studies ( MEP4561) is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. (NCHEC) for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES).

Marriage and Family Therapists: This program (these programs) qualifies as an accredited university continuing education course relevant to professional practice.

WI Substance Abuse Counselors: This program (these programs) qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters.

Educators: This program (these programs) may qualify towards your Professional Development Plans (PDPs).

Other professions: Contact your own board or organization for specific continuing education requirements.

Motivational Interviewing: Beginning Level Programs

Level One Training: Beginning Level
Motivational Interviewing in Diverse Practice Settings

Fall Series: Sep 12-13, 2016
Spring Series: Mar 27-28, 2017

Level Two Training: Certificate Level
Advancing Practice in Motivational Interviewing

Fall Series: Oct 17-18 and Nov 7, 2016
Spring Series: Apr 24-25 and May 25, 2017

All programs held at Pyle Center
702 Langdon St., Madison, WI
**Motivational Interviewing: Beginning and Certificate Level Programs**

**What is Motivational Interviewing?**

Years of research have shown Motivational Interviewing (MI) to be a well-established, evidence-based approach to promoting positive behavior change across a wide range of settings, problems, and populations. It is most effective for clients who are ambivalent about changing or initially not even considering making changes.

**What is the course design?**

MI represents a complex skill set that requires dedicated effort. Both Level One and Level Two of this MI series draw upon best training principles to help you work toward proficient MI practice and achieve the best possible outcomes in your work.

**Level One Training: Beginning Level Motivational Interviewing in Diverse Practice Settings**

Fall Series: Sep 12-13, 2016

Spring Series: Mar 27-28, 2017

All Workshops: 9am-4pm

**Instructor:** Laura A. Saunders

This two-day training introduces MI theory and research, including how and why behavior changes. Learn the basic practice elements of MI and the fundamental processes of engaging, focusing, evoking, and planning with clients. We also contrast MI with other methods of behavior change. Through discussion, videos, and experiential exercises, you begin developing your MI practice.

**Learning Objectives:**

- Identify MI as an evidence-based practice.
- Contrast MI with other methods of behavior change.
- Identify the elements of practice (spirit, skills, processes).
- Identify change-talk as an active ingredient of MI.
- Observe MI and begin developing person-centered OARS skills.

**NOTE:** At the conclusion of the workshop, learners who registered for Level Two Training or anticipate registering should audio record an MI session with a learning peer and submit the recording to the trainers for review.

**Level Two Training: Certificate Level Advancing Practice in Motivational Interviewing**

Fall Series: Oct 17-18 and Nov 7, 2016

Spring Series: Apr 24-25 and May 25, 2017

All Workshops: 9am-4pm

**Instructors:** Scott Caldwell, Laura Saunders

Level Two Training is three days long and requires the submission of two audio recordings. This level is limited to 35 people.

In this training you design your own learning plan based on feedback from your first tape. Develop complex reflective listening skills: eliciting, responding to change-talk, focusing and evoking, developing a change goal with clients, supporting plan and commitment, and measuring and tracking key outcomes. Complete and receive feedback on two additional audio recordings of MI practice.

**Learning Objectives:**

- Describe the benchmarks of proficient practice.
- Recognize and interpret individualized MI feedback.
- Create an individual learning plan and a pathway toward MI proficiency.
- Recognize change-talk language cues.
- Practice using MI strategies to elicit change-talk.
- Practice using OARS strategies to develop practice goals and learning plans.
- Develop a change plan with clients.
- Describe follow-up sessions with clients to track outcomes.
- Create and apply ways to continue integration and personalization on MI into your work.

**Meet your trainers**

Laura A. Saunders (MSSW) is with the Dept. of Family Medicine at the University of Wisconsin-Madison School of Medicine and Public Health and for 15 years has provided MI training to physicians, nurses, medical students, psychologists, addiction-treatment providers, social workers, physical therapists, and health educators. She designs, facilitates, and delivers training and coaching in person, online, and via distance learning in the fields of health care, human services, public health, and criminal justice. A member of the Motivational Interviewing Network of Trainers (MINT), Laura provides MI training every spring and fall through the UW-Madison Division of Continuing Studies; participants consistently rate these trainings at high levels of satisfaction.

Scott Caldwell is a licensed substance abuse counselor and has worked in substance abuse treatment and prevention for two decades. Currently at the Wisconsin Dept. of Health Services, he coordinates the Screening, Brief Intervention, and Referral to Treatment (SBIRT) program and regularly provides MI training and technical assistance to publicly funded provider organizations. Scott is a member of the Motivational Interviewing Network of Trainers (MINT). He provides MI training every spring and fall through the UW-Madison Division of Continuing Studies; participants consistently rate these trainings at high levels of satisfaction.

**Registration Form**

Please register me for

**Level One: Beginning Level Motivational Interviewing in Diverse Practice Settings**

This program is approved for 12 continuing education contact hours (CECH) for Certified Health Educator (CHES/MAChES).

- Fall Series: Sep 12-13, 2016; 9am-4pm; $300; $2751
- Spring Series: Mar 27-28, 2017; 9am-4pm; $350 [Price increase]; $2761

**Level Two: Certificate Level Advancing Practice in Motivational Interviewing**

This program is approved for 18 continuing education contact hours (CECH) for Certified Health Educator (CHES/MAChES).

- Fall Series: Oct 17-18 and Nov 7, 2016; 9am-4pm; $450; $2752
- Spring Series: Apr 24-25 and May 25, 2017; 9am-4pm; $450; $2762

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