Motivational Interviewing: Beginning and Certificate Level Programs

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

- **Spring Series:** Mar 14-15, 2016; 9am-4pm; $300; #2761
- **Fall Series:** Sept 12-13, 2016; 9am-4pm; $300; #2751

Level Two: Certificate Level
Advancing Practice in Motivational Interviewing

- **Spring Series:** Apr 18-19 and May 16, 2016; 9am-4pm; $450; #2762
- **Fall Series:** Oct 17-18 and Nov 7, 2016; 9am-4pm; $450; #2752

Level One: This program is approved for 12 continuing education contact hours (CECH) for Certified Health Educator (CHES/MCHES).

Level Two: This program is approved for 18 continuing education contact hours (CECH) for Certified Health Educator (CHES/MCHES).

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**Are you a National Certified Counselor through the National Board for Certified Counselors?**
- [ ] Yes  [ ] No

**Are you a psychologist?**
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**Mail to:** UW-Madison Continuing Studies Registrations
Pyle Center, 702 Langdon St, Madison, WI 53706-1487

**Call:** 608-262-2451 or 800-725-9692 (Wisconsin Relay 711)

**Fax:** 608-265-3163 or 800-741-7416

**Online:** continuingstudies.wisc.edu/certificates/motivational-interviewing

Phone, fax, or online registrations must include payments by credit card or purchase order.
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: Sept 12-13, 2016
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
Spring Series: Apr 18-19 and May 16, 2016
Fall Series: Oct 17-18 and Nov 7, 2016
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:
• Learn the benchmarks of proficient practice.
• Better understand and interpret individualized MITI feedback.
• Create an individual learning plan and a pathway toward MI proficiency.
• Be able to identify change-talk language cues.
• Gain experience in using MI strategies to elicit change-talk.
• Gain experience with focusing sessions and directive use of OARS skills.
• Revise practice goals and learning plan.
• Be able to develop a change plan with clients.
• Be able to conceptualize follow-up sessions with clients to track outcomes.
• Learn ways to continue integration and personalization of 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).

The University of Wisconsin–Madison Division of Continuing Studies is approved for Continuing Education Hours for Human Services Providers. Programs provide continuing education hours and meet multiple continuing education requirements and standards for social workers, counselors, marriage and family therapists, psychologists, substance abuse counselors, certified health education specialists, and educators. Details at continuingstudies.wisc.edu/ceu-approved-hours.html

Please visit continuingstudies.wisc.edu/certificates/motivational-interviewing for more specific information and to register.