

Motivational Interviewing



Motivational Interviewing:
Facilitating Behavior Change
Sponsored by: Mayo Clinic Nicotine
Education Program

Are you frustrated at your attempts to motivate people to change harmful behavior? Tired of arguing the same points over and over again? Change can be very difficult, especially those related to serious health problems such as smoking, obesity, nutrition, and medication compliance. Are you ready to try a new method of addressing behavior change?

Motivational Interviewing (MI) is an approach designed to facilitate resolution of issues that inhibit positive behavior change by actively engaging the patient in the process. It is the “spirit” of MI: demonstrating empathy, encouraging patient self-exploration, and emphasizing patient autonomy that can successfully help patients pursue a course of change.

Our six-hour interactive workshop provides an overview of Motivational Interviewing philosophy and incorporates strategies to address behavioral change.

Upcoming Courses

Monday, August 18, 2008

Monday, March 30, 2009

Monday, September 21, 2009

Intended Audience

This course is designed for health care professionals who work with patients especially those involved in counseling behavioral change.

Facilitators

All trainers have a wealth of experience in counseling, and hold a minimum of a Master’s degree in a counseling-related field. They have experience using motivational interviewing strategies with patients and are certified trainers in Motivational Interviewing.

Cost

Standard Registration - \$200.00

Time

9:00 a.m. – 4:00 p.m.

Continental breakfast and lunch included

Location

Mayo Clinic – Rochester, Minn.

Continuing Education Hours

6 hours

Course size will be limited.

Texts

We strongly recommend reading the following books prior to attending the course:

Miller, W. R., & Rollnick, S. (2002). *Motivational Interviewing: Preparing people for change* (2nd ed.). New York: The Guilford Press.

Rollnick, S., Mason, P., & Butler, C. (1999). *Health Behavior Change: A guide for practitioners*. New York: Churchill Livingstone.

Learning Objectives

1. Describe the “spirit” and key skills of Motivational Interviewing.
2. Demonstrate and practice the interpersonal style and primary skills for:
 - engaging the patient
 - responding to resistance
 - exploring and enhancing motivation for behavior change
3. Name the four “opening strategies” of Motivational Interviewing represented by the acronym, OARS.
4. Describe two strategies to elicit change talk.

Additional Information

For more information on our education opportunities, please contact the Nicotine Education Program at (507) 266-1093 or (800) 344-5984 or visit <http://ndc.mayo.edu>.

Registration materials, for this and other courses, available online.

Mayo Clinic Nicotine Dependence Education Program
Participant Registration

Motivational Interviewing: Facilitating Behavior Change

Course Dates:

- Monday, August 18, 2008
- Monday, March 30, 2009
- Monday, September 21, 2009

Course Fees

- \$200 – Standard Registration
- \$100 – Mayo Clinic & Mayo Health System employees
- \$125 – Mayo Health Companies employees

Last Name	First Name	MI	Degree
Company Affiliation	Street Address		
City	State	ZIP Code	
Home Phone	Work Phone	Birth Date (Month/Date/Year)	
E-mail address PLEASE PRINT LEGIBLY			
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female			
Hispanic Ethnicity (check one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> NOT Hispanic or Latino			
Racial Group: <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American			
<input type="checkbox"/> Caucasian <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> More than one race			
<input type="checkbox"/> Other, please specify_____			

Current Position:

- Physician
- Administrator
- Counselor
- Dentist
- Dental Hygienist
- Dietitian
- Nurse
- Nurse Educator
- Nurse Midwife
- Nurse Practitioner
- Physician Assistant
- Program Coordinator
- Psychologist
- Research Assistant
- Resident/Fellow
- Respiratory Therapist
- Social Worker
- Student
- Other, Please Specify

Primary Specialty:

- Administration
- Chemical Dependency
- Community/Public Health
- Dental Specialty
- Education
- Family Medicine
- Internal Medicine
- Obstetrics/Gynecology
- Oncology
- Pediatric /
Adolescent Medicine
- Preventive Medicine
- Psychiatry/Psychology
- Research
- Surgery
- Tobacco Control
- Tobacco Intervention
Services
- Other, Please Specify

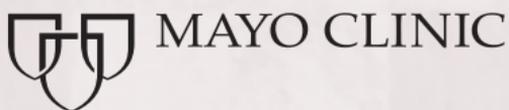
Please ensure you indicate course date preference.

Check payments for the appropriate course fee can be sent to:

Mayo Clinic Nicotine Education Program
 Attention: Audrey Schroeder,
 200 First Street, SW
 Rochester, MN 55905

Cancellation Policy

Your registration fee, less a \$25 administrative fee, will be refunded when written notification is received by Mayo Clinic Nicotine Education Program at least two weeks prior to the start of the course. You may fax written notification to 507-255-0652. No refunds will be made inside 14 days.



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www.mayoclinic.org

MC5383-07rev0508

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