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:


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

E-mail address  PLEASE PRINT LEGIBLY

Gender:  □ Male  □ Female

Hispanic Ethnicity (check one):  □ Hispanic or Latino  □ NOT Hispanic or Latino

Racial Group:  □ American Indian/Alaska Native  □ Asian  □ Black or African American
- Caucasian □ Native Hawaiian or Other Pacific Islander □ More than one race
□ Other, please specify
Current Position:  
☐ Physician  
☐ Administrator  
☐ Counselor  
☐ Dentist  
☐ Dental Hygienist  
☐ Dietitian  
☐ Nurse  
☐ Nurse Educator  
☐ Nurse Midwife  
☐ Nurse Practitioner  
☐ Physician Assistant  
☐ Program Coordinator  
☐ 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.