

INTENSIVE TRAINING SEMINAR

2019 Art & Science of Health Promotion Conference — A Two-Day Preconference Event



Motivational Interviewing: Skill-building for Beginning and Intermediate Practitioners



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INTENSIVE TRAINING SEMINAR LEADER

SUSAN W. BUTTERWORTH, PhD, MS

Principal / Founder
Q-consult, LLC



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29th Annual

ART & SCIENCE

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Intensive Training Seminar — April 1 & 2, 2019

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Marriott Hilton Head Island Resort | Hilton Head Island, SC

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Monday, April 1 & Tuesday, April 2, 2019
9:00 AM - 5:00 PM

Motivational Interviewing: Skill-building for Beginning and Intermediate Practitioners

[View seminar abstract and presenter bio online](#)

As health coaching becomes a more integral part of health promotion interventions, it is important to establish competency in an evidence-based skill-set.

This seminar will provide the principles of the motivational interviewing (MI) approach, as described by Bill Miller and Steve Rollnick. In addition to a comprehensive introduction, intermediate learners will receive more challenging activities and advanced feedback.

The MI approach will be presented in the context of health coaching in wellness, health promotion, medical and chronic care management settings, with tailored

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*“ This was, hands down, the best training
I have had in my professional career.
Instead of just hearing about what we were
supposed to do, we got to practice and
received feedback on the spot. “*

— Motivational Interviewing Workshop Participant

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After nearly 20 years on faculty at Oregon Health & Science University, Dr. Butterworth founded Q-consult, LLC. Her clinical background is exercise physiology, and she received her doctoral degree in adult education and training with a cognate in health promotion from Virginia Commonwealth University.

Susan's special area of expertise and research is the practical application of behavior change science, such as Motivational Interviewing-based health coaching, to various healthcare settings.

She has been awarded and served on multiple NIH, HRSA and other grants to study the efficacy and impact of health management interventions, has published multiple articles on the theory and outcomes of evidence-based practice, and is currently involved in two clinical trials regarding patient engagement and treatment adherence.

Susan has been an active member of the Motivational Interviewing Network of Trainers (MINT) since 2002. She enjoys working with clinicians to build their skill-set in MI to better both their patient interactions and their quality of work life.

application to brief, more intensive, in-person, and telephonic sessions. Participants will understand how the MI approach can be used in conjunction with other models such as stages of change, patient activation, and shared decision-making to address such constructs as engagement, self-efficacy, and personal agency.

The seminar will be presented in a format that is consistent with recommendations from the Motivational Interviewing Network of Trainers (MINT) organization, as well as findings from research on how health professionals best learn the MI skill-set. There will be significant interaction and practice activities in order to apply the principles to real practice situation. Practice activities will be tailored to the experience and proficiency level of the learner to maximize the experience for more advanced clinicians.

This workshop is eligible for 14 continuing coach education hours (CCEHs) for the Wellcoaches core and professional coach certifications. Learn more about Wellcoaches® health and wellness coach training programs.

[Learn More](#)

This intensive meets the requirements for the International Consortium for Health & Wellness Coaching (ICHWC) Continuing Education and is worth 14 credit hours.

[Learn More](#)

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