



# DIMENSIONS: Motivational Interviewing for Behavior Change Level I

A training program for healthcare professionals offered by the Behavioral Health and Wellness Program at the University of Colorado School of Medicine

**Dates:** April 20 - 21, 2020

**Time:** 8:30am to 4:30pm

**Cost:** \$600\*

\* Includes lunch

**\$499\***

**EARLY BIRD  
PRICING THROUGH  
FEBRUARY 28!**

**Location:** University of Colorado  
Anschutz Medical Campus  
Strauss Health Sciences Library  
12950 E. Montview Blvd.  
Aurora, Colorado

**WHAT IS MI?** Motivational Interviewing is a collaborative conversational style that strengthens a person's own motivation and commitment to change by exploring and resolving ambivalence. MI is a guiding approach that is used in a variety of healthcare settings to assist individuals to prepare themselves to take action.

This two-day intensive training will guide participants through a sequence of learning activities to support the development of proficiency in the application of MI. In this training, participants will:

- Explore ways to enhance behavior change using the MI approach;
- Learn the key principles and core skills of MI;
- Practice MI skills and strategies designed to evoke motivation for change.

**You should attend this training if you are a healthcare professional who:**

- Works with people to change their health behaviors;
- Is interested in translating their MI knowledge into practice;
- Wants a hands on opportunity to hone their MI skills.

*Training facilitated by Kathleen Garrett, MA, Cindy Morris, PsyD, & Chad Morris, PhD, members of the International Motivational Interviewing Network of Trainers (MINT)*

**For more information about Motivational Interviewing for Behavior Change, visit <https://www.bhwellness.org/programs/motivational-interviewing>**



Behavioral Health &  
Wellness Program



University of Colorado  
Anschutz Medical Campus

*BHWP's mission is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals.*

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