DIMENSIONS: Motivational Interviewing for Behavior Change  
Level II

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

**Dates:** June 8 - 9, 2020  
**Time:** 8:30am to 4:30pm  
**Cost:** $600*  
* Includes lunch  
**EARLY BIRD PRICING THROUGH MAY 1!**

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

This two-day intensive training will focus on advanced application of Motivational Interviewing (MI) for healthcare professionals, including methods for:

- Strategically eliciting and strengthening change and commitment talk;
- Decreasing and managing discord;
- Deepening skills of engagement and evocation.

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

- Has prior training and reasonable proficiency in Motivational Interviewing;
- Is interested in taking your MI skill base to the next level in clinical care;
- Is fulfilling advanced training requirements for application to the Motivational Interviewing Network of Trainers (MINT)

**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.

**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](https://www.bhwellness.org/programs/motivational-interviewing)