

Faculty

Laura A. Saunders, MSSW, has 20 years' experience with the Department of Family Medicine at the UW-Madison School of Medicine and Public Health. She has trained audiences in the fields of medicine, psychology, addiction treatment, physical therapy, health education, and criminal justice. She is a member of the international Motivational Interviewing Network of Trainers (MINT) and has practiced and taught Motivational Interviewing for more than 15 years nationally and internationally.

Scott Caldwell, MA, is a licensed substance abuse counselor who worked in the alcohol/drug treatment field for nearly two decades. First exposed to motivational interviewing in 1999, Scott is a member of the Motivational Interviewing Network of Trainers (MINT) and has contributed to training of hundreds of professionals working across a variety of settings. He is currently program coordinator in SBIRT (Screening, Brief Intervention, Referral to Treatment) at the Wisconsin Bureau of Prevention Treatment and Recovery.

General Information

Easy online registration and more information at: www.dcs.wisc.edu/pda/mental-health/motivational-interviewing.htm

Fees: \$150 per program or \$125 per program if registering for all three. Includes instruction, materials, CEU's and nonrefundable \$20 administrative fee.

Enrollment is limited: Register early!

Continuing Education Credits: 0.6 CEU (6 credit hours) per program. UW-Madison Continuing Studies is an approved CEU provider. See our website for details.

Location: The Pyle Center, 702 Langdon St., Madison, WI, 608-262-1122. A map and information on parking and lodging are included with registration confirmation.

Time: Registration opens at 8:30 am. Workshops are 9 am-4 pm.

Cancellation Policy: Refunds (minus a \$20 administration fee) are available up to three business days prior to the program. You are responsible for the entire fee if you cancel later than that. To cancel or arrange for a substitute, call 800-725-9692. In the event of bad weather or other emergencies, call 608-263-4432 or visit www.dcs.wisc.edu to check on the status of these workshops.

Questions? Contact Chris Dunleavy at cdunleavy@dcs.wisc.edu or 608-265-2679

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Helping clients change using Motivational Interviewing

1. Theory and practice

Apr. 11, 2012

2. Integrating into current practice

Apr. 12, 2012

3. Skill building for advancing practice

May 11, 2012

The Pyle Center
702 Langdon St.
UW-Madison Campus



Continuing Studies
UNIVERSITY OF WISCONSIN-MADISON

Registration Form

Please register me for

- Motivational Interviewing 1: Theory and practice**
Monday, Apr. 11, 2012; \$150/\$125 for all three; #2761
- Motivational Interviewing 2: Integrating into current practice**
Tuesday, Apr. 12, 2012; \$150/\$125 for all three; #2762
- Motivational Interviewing 3: Skill building for advancing practice**
Monday, May 11, 2012; \$150/\$125 for all three; #2770

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Contact information

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TITLE

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E-MAIL

Payment method

- Please bill my organization at the address above.
- Enclosed is my check payable to UW-Madison.
- Please charge to the following account:
 - MasterCard VISA Am Ex Discover

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Mail to: UW-Madison Cont. Studies Registrations
Pyle Center, 702 Langdon St.
Madison, WI 53706-1487

Call: 608-262-2451 or 800-725-9692
(Wisconsin Relay 711)

Fax: 608-265-3163 or 800-741-7416

Online: www.dcs.wisc.edu/pda/mental-health/motivational-interviewing.htm

Phone, fax or online registrations must include payments by credit card or purchase order.

If you have a disability and desire accommodations please advise us ahead of time. These programs are offered by UW-Madison in cooperation with UW-Extension. DCS-MAC-043-12/11

Helping clients change using Motivational Interviewing

Motivational Interviewing (MI) is an evidence-based method for promoting behavior change across a wide range of settings, problems, and populations. MI is effective for clients ambivalent about changing or initially not even considering making changes. MI has shown to be more efficient and cost effective compared with many other approaches.

Motivational Interviewing 1: Theory and practice

Apr. 11, 2012

with Laura Saunders
9 am-4 pm

In this workshop you'll learn the theory and basics of motivational interviewing and begin to practice the techniques. Review the how and why of lifestyle or behavioral changes. Learn why using MI is so successful in helping motivate clients toward behavior change. Through discussion, videos, and interactive exercises, participants will have the opportunity to practice the course content.

Learning objectives:

- Explore the benefits of learning MI
- Discuss the evidence of MI effectiveness in many practice settings
- Learn the difference between MI and other traditional methods
- Understand what is meant by the spirit of MI and how it's used in patient interactions
- Observe and practice fundamental skills

Motivational Interviewing 2: Integrating into current practice

Apr. 12, 2012

with Laura Saunders
9 am-4 pm
Prerequisite: Level 1

This workshop will set you on your journey towards MI proficiency. Participants will increase their understanding and use of the directional aspects of MI. Deeper level of knowledge and practice, and observation of MI specific communication is the highlight of this workshop.



Learning objectives:

- Learn strategies for responding to resistance
- Distinguish differences between preparatory change talk and commitment language
- Apply strategies for eliciting change talk
- Practice MI specific responses to change talk and sustain talk
- Create an individual learning plan to move towards MI proficiency

Motivational Interviewing 3: Skill building for advancing practice

May 11, 2012

with Scott Caldwell
9 am-4 pm

Prerequisite: Levels 1 and 2

Like any other complex skill set, MI takes practice and effort to achieve proficiency. This workshop is highly experiential and provides opportunities to build and assess your MI practice.

Learning objectives

- Engage deeper level MI practice to develop MI spirit and skills.
- Increase effectiveness in recognizing, eliciting, and responding to client change talk.
- **During the workshop, complete an audio-taped MI session (equipment provided).**
- **Following the workshop, receive individualized feedback on the session based on the MITI 3.1 (Motivational Interviewing Treatment Integrity instrument) and participate in a 30-minute phone coaching session with the trainer to review feedback, build skills, and strategize continued learning.**

NOTE: Register early. Enrollment is limited to 20.

