

Motivational Interviewing

Workshop Title

- Introduction to Motivational Interviewing for Clinical Practice

Workshop Description

- This workshop is designed to build knowledge and skills for clinical staff to utilize Motivational Interviewing (MI) as a communication style that supports behavior change. In this didactic and practice-based workshop, participants will have the opportunity to learn about the history and evidence for MI in clinical practice, and experience using skills to support individual change regardless of personal and environmental barriers.

Workshop Objectives

Participants who complete the workshop will be able to:

- Define and describe Motivational Interviewing as a communication style
- Describe Key components of MI processes and strategies
- Define the Stages of Change and the Relationship to MI
- Demonstrate Listening for Change
- Demonstrate using MI skills with case study examples

Workshop Audience

- Clinical health care providers including MDs, NPs, PAs, RNs, Mas

Workshop Length

- 2-4 hours

Modality

- In-person, Public Health Institute at Denver Health

Number of Participants

- 21 maximum