Promoting Healthy Behavior with Motivational Interviewing
Friday, May 4, 2018

Continuing Education & Conference Center • St. Paul Campus

8:00 Final registration and assembly. Continental breakfast

8:25 Welcome

8:30 Differentiate MI from traditional styles of patient communications
Apply the fundamentals of MI during patient interactions
Practice listening, reflections, and statement of collaboration and autonomy, which increases the likelihood that patients will make healthy changes

Laura Saunders, MSSW

10:00 Refreshment break

10:15 Define the four processes of MI
Discuss the benefits of MI
Review research and documentation supporting the use of MI across a range of common problematic patient behaviors

11:45 Luncheon

12:30 Discuss and experience the MI spirit as a strategy for making healthy change
Observe and practice fundamental skills of active listening and reflection

2:00 Refreshment break

2:15 Observe and practice using affirmation and statements of autonomy and collaboration
Share information using an MI-adherent style
Examine additional opportunities to integrate MI into your practice

3:45 Adjourn
Meet Our Expert

Laura A. Saunders, MSSW, is with the Department of Family Medicine and Community Health at the University of Wisconsin School of Medicine and Public Health, where she has also served as an independent consultant. Since 2001, Laura has designed, facilitated, and delivered MI training and coaching in person, online, and via distance learning to hundreds of professionals. Laura’s online courses are taught through Brown University and the University of Wisconsin. She is a dedicated member of the internal Motivational Interviewing Network of Trainers.

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