Motivational Interviewing: Quick and Effective Tools for Clinicians

November 6-7, 2012
Seattle, WA

Co-provided by:

Training Xchange

University of Washington
Center for Commercialization
Department of Psychiatry & Behavioral Sciences, School of Medicine
Continuing Nursing Education, School of Nursing
People often have conflicting feelings about their unhealthy behaviors. Change involves more than simply giving information. It is more effective to create a short conversation that quickly finds the person's reasons for change. Numerous studies show that Motivational Interviewing (MI) is one of the most promising ways of helping people to change behavior.

This workshop offers practical tools to enhance your treatment of people with acute or chronic medical problems, mental illnesses, and substance abuse issues. These conditions include:

- medication adherence
- physical activity
- drug and alcohol use
- smoking
- diet/nutrition issues

Motivational Interviewing uses a person-centered approach that helps people to prepare for change by looking at and resolving their ambivalence about it. MI was developed by Bill Miller and Steve Rollnick in their book, *Motivational Interviewing: Preparing People for Change*.

Didactic instruction, demonstration, discussion, and practice with feedback are combined in an energetic, adult-learning environment.

Over 200 randomized, controlled trials of MI have been conducted for the behaviors listed above. Overall, MI seems to work as well as comparison treatments for these behaviors—but in less time.

### Course Objectives

After completing this two-day training, participants are able to:

- Describe a conceptual model for enhancing client motivation and reducing resistance
- Discuss why confrontational interventions often fail
- Describe the principles and the strategies of MI
- Demonstrate beginning competence in MI skills and techniques for use with their clients
- Recognize “change talk” and practice skills to elicit it
- Describe strategies to respond effectively to resistance
Motivational Interviewing Trainers

Christopher W. Dunn, PhD  
Associate Professor, Department of Psychiatry and Behavioral Sciences,  
University of Washington School of Medicine  
Dr. Dunn is an expert in Motivational Interviewing methods to change behavior. He received his doctorate from the University of Florida. As a counseling psychologist in the UW School of Medicine, he specializes in teaching healthcare providers to apply MI to help their patients make healthy lifestyle changes. His book, *A Rapid Reference Guide to Lifestyle and Behavior Change*, was published by Elsevier in 2003. Dr. Dunn is a member of the International Association of Motivational Interviewing Trainers, and was one of the co-trainers for the 2000 conference for training new MI trainers.

Mary O’Leary, PhD  
Psychologist, Private Practice; Adjunct Faculty, Antioch University-Seattle  
Dr. O’Leary began her training in Motivational Interviewing during her PhD dissertation 10 years ago and has been a trainer in MI in the Seattle area for more than 3 years. She teaches adult psychotherapy and couples therapy in the doctoral program at Antioch University Seattle. She also has a private practice in Seattle as a Licensed Clinical Psychologist, is a consultant for two research institutes at the University of Washington, and contracts with agencies to provide psychological evaluations.

Eddie Edmondson, LICSW  
Manager, Training Xchange, Center for Commercialization, University of Washington  
Mr. Edmondson combines a broad clinical background with strong training skills. He has used Motivational Interviewing in his clinical practice in several different settings—research studies, psychotherapy, and case management. He designed and implemented MI-based HIV prevention interventions for research projects at the University of Washington. Mr. Edmondson has 20 years of clinical experience.

**Course Location**

Seattle Center  
Northwest Rooms  
305 Harrison Street  
Seattle, WA 98109  
206.684-7200

Directions & Travel Information  
will be provided with confirmation.

**Planning Committee**

Department of Psychiatry and Behavioral Sciences, School of Medicine, University of Washington  
Christopher Dunn, PhD  
Mary O’Leary, PhD  
Training Xchange, Center for Commercialization, University of Washington  
Eddie Edmondson, LICSW  
Continuing Nursing Education, School of Nursing, University of Washington  
Jaime Navetta, BSN, RN
Fee: $255 registration fee if received by Oct 17, 2012
Late registration fee of $310 if received after Oct 17, 2012
Includes tuition, course materials, continental breakfast, and snacks.

Online Registration: www.trainingxchange.org

Questions: Zandra Grissom, Program Coordinator
Email: zgrissom@uw.edu Phone: 206-685-9514

Confirmation: A letter or email will be sent to you confirming your registration. If you do not receive a confirmation, please call 206-685-9514.

Register before October 17, 2012 for early discount!

Cancellation Policy:
If you register and are unable to attend, you may obtain a refund of the registration fee minus a $50 processing fee if received before the deadline of Wednesday, October 17, 2012. (Costs incurred by the registrant, such as airfare and hotel, are the responsibility of the registrant.) The University of Washington reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the university from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund.
Hotel Accommodations

Local Hotels:

- The Maxwell Hotel—300 Roy Street; 206-286-0629
- MarQueen Hotel—600 Queen Anne Avenue North; 206-282-7407
- Hampton Inn & Suites—7000 5th Avenue North; 206-282-7407

Professional Credit

A certificate for 12.2 contact hours will be awarded (optional).

Nurses:

- The UW School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
- The UW School of Nursing is approved as a clock hour provider by the Washington State Board of Education.
- Provider approved by the California Board of Registered Nursing, Provider #07218.

Psychologists: The UW School of Nursing qualifies as a Washington State CE program sponsor under WAC 246-810-610.

Social Workers and Counselors: The UW School of Nursing qualifies as a Washington State CE program sponsor under WAC 246-924-240(1).

Other Disciplines: A certificate will be awarded for use in documenting completion of this offering.

There is a separate $40 fee (payable to the University of Washington) paid onsite.

Sponsor and Co-Provider Information

For more information on bringing other trainings to your facility please contact:

Eddie Edmondson, Training Manager
Training Xchange
txc@uw.edu or 206.221.8960