

Upcoming Trainings

Motivational Interviewing

Motivational Interviewing is a gentle conversation about change. It is a collaborative, goal-oriented method of communication with particular attention to the language of change. In this interactive 2-day workshop, you will learn a variety of skills designed to strengthen people's motivation within an atmosphere of acceptance and compassion. These skills include understanding the MI Spirit, using the micro skills of MI, and learning about the four underlying processes of Engaging, Focusing, Evoking and Planning.

COST: \$100 (FREE to MHP Staff & Clients)

UPCOMING CLASSES:

May 14th & 21st (2 Day Workshop): 9:00AM-5:00PM
Ryan Wellness Center 1000 Alpine Ave. Boulder, CO (Classroom 3)

REGISTER TODAY:

mhplearns.gosignmeup.com

ASIST (Applied Suicide Intervention Skills Training)

This 2-day interactive workshop teaches participants to recognize when someone may be having thoughts of suicide and works with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. Since its development in 1983, over 1,000,000 people have taken the workshop. Studies show that the ASIST method helps reduce suicidal feelings in those at risk, and is a cost effective way to help address the problem of suicide.

COST: \$100 (FREE for MHP Staff & Clients)

UPCOMING CLASSES:

April 10th & 11th (2 Day Workshop): 8:30AM-4:30PM
Ryan Wellness Center 1000 Alpine Ave Boulder, CO (Colorado Rooms, 2nd Floor)

REGISTER TODAY:

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Mental Health First Aid (MHFA)

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

COST: \$35 (FREE to MHP Staff & Clients)

UPCOMING CLASSES:

March 9th: 8:00AM-5:00PM
Ryan Wellness Center 1000 Alpine Ave. Boulder, CO (Colorado Rooms, 2nd Floor)

REGISTER TODAY: mhfac.org

