



**FEBRUARY 6TH & 13TH
FROM 9AM-5PM**

**RYAN WELLNESS CENTER
1000 ALPINE AVE
BOULDER
CLASSROOM 3**

MOTIVATIONAL INTERVIEWING

**IMPROVE YOUR UNDERSTANDING
& APPLICATION OF THIS
EVIDENCE-BASED PRACTICE**

**2-DAY WORKSHOP: \$100
FREE TO MHP STAFF & CLIENTS**

MASTER THE PRINCIPLES OF 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 microskills of MI, and learning about the four underlying processes of Engaging, Focusing, Evoking and Planning.

**REGISTER TODAY AT
MHPLEARNS.GOSIGNMEUP.COM**



Healthy minds, healthy lives, healthy communities