

What Stimulates Change?

Translating Motivational Interviewing Theory into Practice

Hosted by the Oregon Public Health Association's
Health Education & Promotion Section

Date:

September 13th, 1:00pm to 5:00pm

*Check-in and networking begins at 12:30pm

Location:

Portland- State Office Building (PSOB)
800 NE Oregon
Portland, Oregon 97232
Room 1D-70

Learning Objectives

Motivational Interviewing (MI) is an evidence-based clinical counseling method designed for evoking intrinsic motivation for positive behavior change. Originally developed in the drug and alcohol field by William Miller, Ph.D. and Stephen Rollnick, Ph.D., MI is now being widely applied in a variety of settings including health care.

At the conclusion of this four-hour workshop, the participant will be able to:

1. Understand the paradox of change.
2. Describe the spirit and key principles of Motivational Interviewing.
3. Use listening skills to strengthen a patient's commitment to change.
4. Provide feedback, information or advice in a motivation-enhancing way.

Bio: Dana Sturtevant is a registered dietitian who has been incorporating Motivational Interviewing into her clinical practice for more than twelve years. She currently has a private practice, Be Nourished, in Portland and works as a trainer, mentor, yoga teacher, and nutrition therapist.

A member of the International Motivational Interviewing Network of trainers since 2002, Dana has facilitated over 200 workshops throughout the United States. Trainings introduce participants to the theory, principles and spirit of Motivational Interviewing, and focus on practical applications in the health care setting.

Dana holds a MS in Nutrition Science from the University of Florida and a BS in Food and Nutrition from Southern Illinois University. For more information about Dana, visit www.benourished.org.

Registration: Space is limited and participants will be registered on a first-come, first served basis. Visit: <http://www.oregonpublichealth.org/resources> to register for the workshop.

CHES/MCHES Credits: 4 Category 1 contact hours are available (no additional cost)

Cost:

OPHA Members: \$25

Non-members: \$50

Light snacks and refreshments will be provided.

For more information contact Alissa Leavitt at alissa.leavitt@pcc.edu or 971-722-7767