



## Motivational Interviewing for the HealthCare Professional; Level I Clinical Skills Training

**Trainer: Sue EckMaahs**

**Homewood Suites Hotel by Hilton – Mall of America  
Bloomington, Minnesota  
November 29-30, 2011**

*Motivational Interviewing for the HealthCare Professional; Clinical Skills Training – Level I* is based on the work of William R. Miller, Stephen Rollnick, and Chris Butler. The course focuses on the essential principles and techniques of Motivational Interviewing (MI). MI is an Evidence-Based Practice designed to help facilitate and support patient/client health behavior change. MI is used in a number of settings, and research demonstrates statistically significant outcomes when using MI with issues of primary health care, substance abuse, and mental/behavioral health, among others.

The 2-3 day workshop is highly experiential, giving practitioners hands-on exposure and practice. Training activities will help participants advance their levels of competency regardless of the amount of previous MI training or exposure.

### ***Learning Objectives:***

Upon completing this workshop, the participant will be able to:

1. To learn the basic clinical approach of MI, and how to continue learning it in practice
2. To understand the fundamental spirit and principles of MI
3. To strengthen empathetic listening skills (OARS)
4. To understand and practice the “guiding” aspects of MI
5. To experience and practice and MI style for meeting resistance to change
6. To learn how to work with the fundamental client language cues (change talk and sustain talk), that provide for continued feedback and learning in practice



**Who Should Attend?** Professionals working in Public Health, Primary Care, Community Health, Health Education, Social Work, PT, and related fields who would like to gain tools for assisting those Patients/Clients who struggle to make or hold onto positive health behavior changes.

**Instructor: Sue EckMaahs**, President of *EckMaahs & Associates Training & Consulting*, has over 20 years' experience in the technologies of human potential and change. Sue has been practicing MI since 1993 and is an active member of the international *MINT* forum (Motivational Interviewing Network of Trainers). She is highly sought as a trainer, coach/mentor, and trainer of trainers, as well as an advisor for implementation and quality assurance planning. Sue has worked extensively with professionals from the fields of public health, primary care, mental health, chemical health, vocational and educational services, education, and criminal justice. With a background in sociology, she began her career in corrections...a history that has provided rich experience for applying and coaching “change-gentry” and evidence based practices across many client and patient populations.

**Location:**

Homewood Suites by Hilton – Mall of America. The Homewood Suites is a very comfortable training location which features guest suites with fully equipped kitchens, hot breakfast, and evening receptions. It is across the street from the Mall of America and is located directly on the LRT (Light Rail Train) line to downtown Minneapolis. The hotel offers a free shuttle service from the Minneapolis/St. Paul International Airport. There is free parking directly in front of the hotel for local training participants.



**Tuition:** \$245.00. Includes training, training materials and morning refreshments. Lunch on your own. (We are directly across from the Mall of America, so lots of inexpensive options. The hotel also offers free breakfast and dinner for staying guests.)

**Travel/Lodging:** The Homewood Suites by Hilton – Mall of America is closest to Minneapolis/St. Paul International Airport (MSP). Hotel contact information: 2261 Killebrew Drive, Bloomington, Minnesota, United States 55425; Tel: 1-952-854-0900 Fax: 1-952-854-9571.

The hotel offers a free shuttle service from the airport. Local commuters will find travel directions at [www.minneapolis.homewoodsuites.com](http://www.minneapolis.homewoodsuites.com). Those staying at the hotel should ask to be booked in one of the rooms set aside for the *EckMaahs & Associates' Motivational Interviewing Training Event*. Discounted rates apply.

**Training Dates/Hours:**

Weds, November 29: 8:30-4:30 (registration and refreshments at 8:00 AM)  
Thurs, November 30: 8:30-4:30

**Registration:**

Please complete the attached registration form below, and email or send to:

EckMaahs & Associates, LLC  
1424 Victoria Avenue  
Saint Paul, MN 55117 FAX: 651-204-2114

Payment can be made in the form of check made out to: EckMaahs and Associates. We also accept VISA or MasterCard. Questions may be directed to Shannon McCann via email at [smccann@eckmaahs.com](mailto:smccann@eckmaahs.com) or by calling 651-489-1122. This workshop is limited to 24 participants.

## Registration Form:

**Motivational Interviewing for the HealthCare Professional;  
Clinical Skills Training – Level I ~ November 29-30, 2011  
Homewood Suites by Hilton, Mall of America  
Bloomington, Minnesota**

Name \_\_\_\_\_

Title \_\_\_\_\_

Agency \_\_\_\_\_

Work address \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

Regarding Payment \$245.00

\_\_\_\_\_ Check or money order attached.

\_\_\_\_\_ Purchase order attached. A check will be mailed at least two weeks prior to the training event.  
Please understand that registration is not complete until registration fee is received. Your seat may be given to an applicant on the waiting list if payment is not received within 2 weeks of registration.

If payment will come from another name or agency, please specify agency: \_\_\_\_\_

\_\_\_\_\_ Credit Card Payment:

Credit card type: \_\_\_\_\_ VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover

Credit card number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

CVV2 code (3 digit code on back of card): \_\_\_\_\_

Name as it appears on credit card: \_\_\_\_\_

Address and zip code as they appear on the card: (Check here if same as above \_\_\_\_\_)

**Please submit registration and payment by mail, FAX or e-mail to:**

**EckMaahs & Associates, LLC,  
1424 Victoria Avenue  
Saint Paul, Minnesota 55117 FAX: 651-204-2114  
E-mail: smccann@eckmaahs.com**